

JUST KEEP SWIMMING

Infant and Toddler Bathtub Time

Verbal Cues

In the bathtub, you can practice certain verbal cues with your child also used in their swim lessons, such as “kick, kick, kick” and “splashing, splashing”. Learning how to kick is often the first mechanical swim technique your baby will learn, as well as the most important part of propelling through the water. Helping your child to become familiar with these cues will help further their learning in the pool setting.

Back Float

An important part of learning to swim involves your child being comfortable on their back with water surrounding them. You can help them get used to this sensation by starting with just a small amount of water in the bathtub and laying your child on his/her back. As your child gets more comfortable, raise the level of the bathtub water high enough for your child to lay on their back with the water covering their body and ears, and their face above the water line. This skill should be practiced slowly and progressively, and often takes time and patience before your child will feel comfortable. Take your time and don't be discouraged if your child isn't comfortable with this at first!

Submerging

Encourage your child to put their face in the water by asking them to “kiss the water!” and providing support when they do so. If your child is already comfortable with their face under water, they can practice this in the bathtub as well. Practice bringing a pair of swim goggles to bath time and having your child look for objects on the bottom of the tub while laying on their belly.

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Motor Skills

Allowing your child to interact with toys in the bathtub will not only help them practice their motor skills in the water, but will promote their excitement and enjoyment which are extremely important in order to learn to swim.

Water Overhead

Make sure you let your child know that you are going to pour water by saying “1,2,3...” or “OK, here we go!” and pour water over your child’s head so that it runs over their face. This will help your child get used to the feeling of being underwater and practice breath.

Excitement!

Make sure to respond with excitement and praise!

Your child’s enjoyment of the water is the most important skill to learn as they get ready for or continue in toddler swim lessons. Including games, songs, toys, and your own praise and happiness in bath time with your child will help them learn to love the water and be excited about swim lessons.

***No matter what, make sure to never leave your child alone in the bathtub, even if just for a minute, and ALWAYS check the temperature of the bathtub water before allowing your child to get in.

Blow Bubbles in the Bathtub

Bath time is the perfect opportunity to practice swimming skills since your child feels comfortable in the shallow water. Try having them put their face in the water to blow bubbles. Once they are comfortable with getting their face wet, encourage them to submerge their entire head. Learning to blow bubbles in the water is one of the vital skills that your child needs to progress through to the next swimming level.