

When is the right time to start swimming with your child?



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Photos: personal gallery

Many parents write and call me asking when they can start swimming with their children. Whether they are too young or, on the contrary, whether it is too late to start. Few want to be idle, but neither does anyone want to rush and push a child into something that might discourage them from the water in the future.

As parents, we have the ability to influence our children's relationship with the water and their swimming skills from the very beginning, and we have many opportunities to support our children in their relationship with the water at any age.

Generally, the earlier the better. At any age it is not too late to start adapting to the water, practicing basic swimming skills, self-rescue and teaching swimming manners. And of course this applies to adults too!

I myself have been on a journey of swimming lessons for children with my own children. The girls were never afraid of the water after that, they didn't mind the water in their faces, they learned to catch the shore and get out of the pool. It's been 15 years since then, and today I'm a swim instructor myself who wants to get you excited about the water and enrich your experience with your kids in it together.



WHAT ARE THE TYPES OF SWIMMING?

After birth, the baby undergoes a great transformation during the first years. From a small lying baby, in time, a small, independent and walking individual grows up. The baby's development progresses at a great speed. The baby develops physically, intellectually and socially.

Parents must especially not promise from infant swimming unreasonable acceleration of the child's development (sitting early, walking earlier than it should!). Everything has its time, be patient. 😊

Remember, what your swimmer can do on dry land, he/she will be a step back in the water!

Let's look at the types of swimming according to the age of the child.

> **BABY BATHING**

You can take a bath with your baby in the first weeks and months of its life. If you offer it a tub full of warm water, mom or dad's hands, your baby will be happy.



Bathing is suitable for babies who already have a healed belly button. We bathe babies after they have completed their sixth week. Swimming in a tub is ideal for babies between the ages of 3 and 6 months.

In swimming clubs where they have a special tub, you can learn the different positions for holding your baby with the help of an instructor. The instructor will always explain and demonstrate the grips you have trained during the lessons.

You can also bathe in the comfort of your own home if you have a large and spacious bathtub, not just a small infant bath. You can invite an instructor to your home who will teach you the different grips with your baby so that you can be confident and bathe yourself at home.

> **SWIMMING COURSES FOR CHILDREN FROM 6 MONTHS TO 6 YEARS**

Organised swimming for children from 6 months to 6 years is a good way to adapt your child to the water environment. **How do we know if a child is adapted to the water?** When entering the water, he or she does not hesitate, does not cry, does not resist but enjoys it, does not avoid splashing his or her face with water, uses aids to perform tasks in the form of play and is willing to cooperate in performing movement tasks in the water. This adaptation phase takes a different amount of time for each child and there is no point in rushing it.

Adaptation to the water and basic swimming skills are addressed in the following 2 forms of swimming:

- SWIM LESSONS IN SWIMMING SCHOOLS
- KINDERGARTEN SWIMMING

Children who have mastered water adaptation and basic swimming skills training can move on to training swimming strokes such as freestyle, backstroke and breaststroke. Most children will master this between the ages of 5 and 6.

Swimming strokes are usually trained already in a large pool (25 m length).

For more detailed information about swimming with children and questions from parents, **download my eBook "How to Swim Safely with Young Children" for FREE.**



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I wish you many joyful moments with your children!



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