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Pool Location

South Metro Denver, Littleton and DTC
Underwater Phantaseas Scuba Shop
6860 S. Clinton St
Greenwood Village
Colorado, 80112

Help Your Child Experience Success

We understand that it can be difficult to see and hear your child cry or be distressed. It is natural to want to help them in any way possible. Your children will take cues from you and your attitude. If you are uneasy and nervous, they will be too. The following are some tips we have found most successful to positively support your child as they learn to swim.

1. You are your child's number one fan! Your positive support and encouragement of their efforts is the ultimate reward. This can be done by clapping and giving verbal praise during and after the lesson. Make your comments as specific as possible i.e., "Nice resting on your back."
2. Communicate your child's feelings to the instructor as specifically as possible. This way, we can help the child deal with their concerns. Please do not promise your child that they will not have to do a skill. We find that this may reinforce their fear about performing a particular skill.
3. Talk to your child about their lessons: "What was easy today in lessons? What was hard?" Remind them that the more they practice a skill, the easier it will become.
4. It may be helpful to watch some other lessons. When you see another swimmer doing something your child is capable of, you may point out, "You can do that too!" If you see another swimmer doing something they are struggling with, remind them that if they keep practicing, it will become easy for them too. If you see a swimmer doing something your child has never done say, "You will work on that some day when you are ready. And, it will become easy too." Examples of these skills might be: putting their face in the water to pick up rings, floating without help, rolling onto their backs to breath.
5. Talk with your child about other successes they have had and how they had to work to develop the skill. Maybe even show movies of them learning to stand, walk, use a fork, or other things that are easy for them now.
6. Some children enjoy made up songs and sing together on the way to and from swimming. Change the song to fit the situation.
7. Let your child pretend to be the swimming teacher with toy people in the tub or, with stuffed animals on the couch. This lets them feel in control and you may learn by listening where their biggest concerns lie.
8. Once your child has learned to swim, please continue to reinforce positive swimming behaviors. Avoid allowing them to swim in a floatation device, such as water wings or swimming suits with built in floatation panels. It causes poor body orientation.
9. You play a big part in making this a positive experience. Consistency is a very important ingredient of the program. Steady attendance will increase your child's rate of progress. Even if your child is not yet verbal, they understand what you say, and also HOW you say it. These lessons are individualized to meet the needs of each student. So, please communicate any concerns that you may have. Let's work together to help your child experience success!

If you need to contact me during lesson hours, please call my cell phone, 720-215-8849. If you have questions that require more than a minute between lessons, please don't hesitate to call and leave a message or write a note in the parent communication book by the pool. I will return your call as soon as possible. You can also e-mail me at ekayr@infantaquatics.com.

I want this program to be a positive experience for everyone involved!