

Lesson 1 Session Plan

(Take this with you to the pool as a guide to help you.)

Safe Entry

- Lay baby on the poolside, feet at the edge head away.
- Sit next to baby with your feet in the water.
- Place one hand next to your baby and reach over to the opposite side of your baby and lower yourself into the pool.
- Holding baby around the torso slowly bring them into the water.
- Maintain eye contact throughout.

Place baby next to steps or ladder if entering this way would be difficult for you.



Bouncing

- Hold baby around torso.
- Lower your shoulders in the water.
- Maintain eye contact throughout.
- Gentle bouncing up and down, helps baby to relax.



Safe Hold

- Only do this skill when baby can support their head.
- Start with baby facing away, back against your chest.
- One hand on baby's bottom and one across their chest.
- Keeps baby's mouth above the water.



Name Recognition

- Hold baby in a cradle position in one arm.
- Get a scoop of water in the opposite hand.
- Say babies Name, Ready Go!
- Pour water over baby's face after the word go!



More Bouncing (Same as bouncing just repeated)

- Hold baby around torso.
- Lower your shoulders in the water.
- Maintain eye contact throughout.
- Gentle bouncing up and down, helps baby to relax.



Cuddles and Praise

- Give baby lots of cuddles and praise for their first swimming lesson.
- Sing to your baby, your favourite song
- Skin to skin contact helps baby to relax and creates a special bond between you.



Safe Exit

- Place baby on the poolside feet at the edge head away.
- Stand to the side of your baby.
- Place both hands on the poolside
- Lift your upper body out of the water.
- Place one knee on the poolside.
- Lift the rest of your body onto the poolside.
- Stand up and pick up your baby.

Place baby next to step or ladder if you find exiting this way difficult.



Practice at home - Name Recognition during baby's bath time. Remember to think of the word '**Energy**' (**N,R,G**) and say Name, Ready, GO!