

# 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**

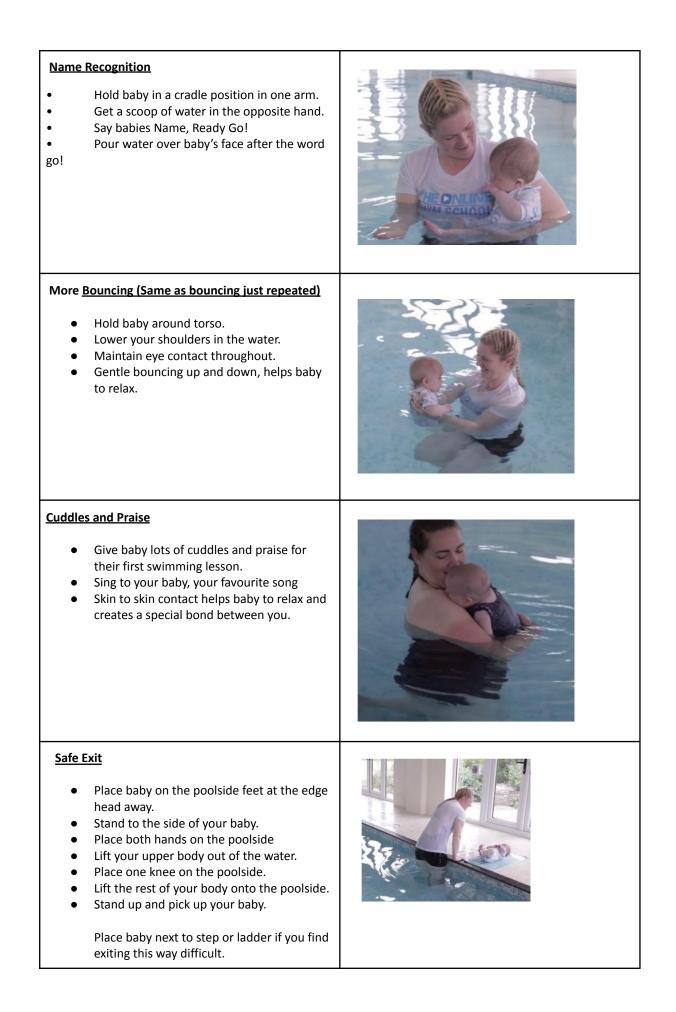
- Hold baby around torso.
- Lower your shoulders in the water.
- Maintain eye contact throughout.
- Gentle bouncing up and down, helps baby to relax.



### <u>Safe Hold</u>

- 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.





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