

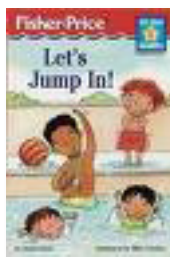
Little swimmer

Let's play and talk together

- ❖ Fill your bathtub or child's outdoor pool half full of warm water.
- ❖ Encourage your child to slide down into the water up to his or her shoulders.
- ❖ Invite your child to try a back float. Support the lower back using your hands and arms while your child lies in the water with head back and stomach pushed up.
- ❖ When your child is comfortable in a back float, try kicking. Practice kicking with the knees under water.
- ❖ Help your child lie on his or her stomach with hands on the bottom of the tub or pool. Support the belly while your child practices kicking.



A good read-together book



Let's Jump In! by Susan Hood

You will need swimsuits and a bathtub, a shallow pool or a beach with an area of shallow water.

This activity helps children become comfortable in the water, learn basic movements for swimming and increase their leg strength.

Hints for success

- ❖ If your child is timid getting into the water, go slowly and provide support with your hands.
- ❖ Include time for your child to enjoy the water in his or her own way.

Keep your legs straight
so they stay under
water when you kick.

I'll hold you up while
you put your head
back.

Ways to say it

More ideas for Little swimmer

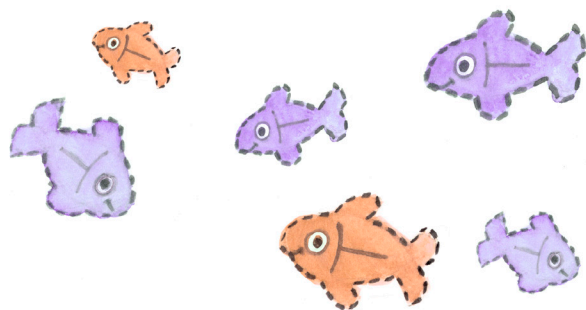
Try this way

- ❖ Sit side by side in the water with your child. Try kicking while in a sitting position. See how far you can splash the water with your feet.
- ❖ If your child is enjoying water activities at the beach, try carrying your child or holding hands and walking together in water of different depths. See how it feels to move through water up to the ankles, the knees and the thighs.
- ❖ Experiment with different ways to move your bodies in the water. Take small steps and bigger ones. Push the water with your arms and hands. Pour water over your shoulders and even your heads.



Language development

Help your child learn new words for water movements such as "floating," "kicking," and "splashing." Use words such as "ripples," "waves," and "sparkling" to describe the water.



Book link

Two Dogs Swimming by Lynn Reiser

Safety tip

Stay within one arm's reach of your toddler when in or near the water.