



SURVIVAL INSTRUCTOR DIRECTIONS FOR BABIES 6 MONTHS TO 1 YEAR

FIRST 4 TO 12 LESSONS- BABY MAY CRY, JUST CONTINUE TO TALK TO THE BABY AND ASURE THEM THAT THEY ARE SAFE AND NOT HURT. REPETITION IS THE BEST FOR BABIES TO LEARN AND FEEL COMFORTABLE IN THE WATER.

ALWAYS MAKE IT HAPPY AND FUN!

1. WORK ON TRUST AND BEING COMFORTABLE GOING UNDER WATER

-FIRST 10 MINUTES-

HOLD BABY CLOSE TO YOU, WITH ARMS WRAPPED AROUND YOUR NECK AND KICK THEIR LEGS STATING "KICK, KICK, KICK".

SING A SONG (RING AROUND THE ROSIE) AT THE END OF THE SONG, BLOW IN HE BABY'S FACE, FAST AND HARD (RIGHT AT NOSE AND MOUTH) AND DUNK THE BABY UNDERWATER. SMILE AND MAKE IT HAPPY. IF BABY SWALLOWED WATER. PAT BABY'S BACK TO BURP IT OUT

SWITCH BACK AND FOURTH FROM KICKING AND GOING UNDER WATER. REPEAT 10 TIMES

-NEXT1 10 MINUTES-

WORK WITH BABY ON FLOATING. TURN BABY ON HIS/HER BACK AND HOLD BACK AND HEAD. IF BABY PUT HIS/HER FEET IN THE AIR. TRY TO PUT THE BABY'S HEAD ON YOUR SHOULDER AND HOLD THE FEET DOWN. SING A SONG, TWINKLE LITTLE STAR OR ASK THE PARENT THE BABY'S FAVORITE SONG THAT WILL SOOTHE THE BABY. REPEAT ABOUT 10 TIMES.

-LAST 10 MINUTES-

DUNK BABY UNDERWATER BY BLOWING IN THE FACE FIRST AND THEN ROLL BABY OVER TO FLOATING AND SING A SONG. REPEAT 10 TO 15 TIMES

IF BABY IS ABLE TO STAND ON ITS OWN. YOU CAN PRACTICE WITH DROPPING DIVING TOYS ON THE STEP AND DUNKING THE BABY UNDERWATER TO SEE IF BABY WILL GRAB THE TOY FROM THE STEP.

TIP:

CONTINUE THIS PLAN. ONCE BABY HAS MASTERED EACH SKILL, YOU CAN ASK BABY TO PUT HIS/HER FACE IN AND KICK TO YOU. THEN MOVE ON TO NEW SWIMMER LESSONS.