

Get Ready for Summer



Before you know it, school will be over for most children and many will spend a lot of time around water. Time to think about swimming and swimming safety.

Children with sensory processing and motor planning issues may have even greater difficulty learning how to swim, and may need a slower, more gentle approach. Swim lessons in a group may be too challenging for them, especially at the start of the season.

You can use bathtub time to start helping your child adjust to having faces covered and heads in the water. Have them blow bubbles in the tub water and use water toys and sponges to create spray over their bodies. Usually the warm water is helpful in getting them to tolerate their eyes and ears being wet.

Once it's time to jump into a pool, there are a few things you may want to keep in mind:

- While it may help to have flotation devices and goggles for beginning swimmers, sometimes it is harder to get rid of these devices if they are too much a part of swimming routines.

- Frequent exposure to water, a location where children can put their feet on the bottom and a patient instructor can go a long way to helping your child enjoy the water and experience buoyancy.
- Carefully select your swimming instructor and make sure the pool is heated when trying to introduce a child to a new pool.
- It is highly recommended that you get your child accustomed to pool water before they are sent off to camp where they will be instructed in a larger group.
- A few private swim lessons can go a long way to making the process safer, calmer and more successful. Talk to us if you need the names of special instructors who work privately.