AT HOME PRACTICE

Floating

SCHOOL OF little
SWIMMERS

Why is floating so important?
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For some children practicing floating in their home bathtub can be more comfortable than during their swimming lesson. Learning to float with ears in the water can be an uncomfortable experience, especially if your child is hesitant due to sensory issues. If your child seems to be experiencing extreme discomfort after several attempts, we recommend seeking medical advice, and from there, we can work out how best to help you and your child progress.

How to prepare your child to float
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We recommend starting with a shallow level that will allow for the submersion of ears but not enough for the body to start floating. By doing this, it will avoid the trauma of a wave of water over the face and potentially forcing it into their nose.

1. While your child is having a bath, have them lie back so that their ears are under the water.

Your child needs to be comfortable and feel reassured.

2. As confidence grows, you can vary the level of the water to allow for your child to begin feeling their body naturally float.

Slow and steady wins the race with this one! To help your child become a master floater and to, help them relax and stay still, encourage them to calmly breath in and out which helps promote a relaxed body. A great way to let them know their skills are developing is to count how many seconds they are floating for and show them that you are varying the depth of water. Make sure that your child is proud of what they have achieved!