



Teaching Skills for Life, Today!

Preparing for your Child's First Lesson

Whether it's your child's first lesson as a baby, toddler, pre-schooler or school aged child, it's all brand new and can be a daunting prospect.

As an instructor, I do believe that goggles hugely help improve a child's confidence. Building confidence without them (which is an important water safety skill) can come down the line once we've got over the initial stages of water confidence.

As a new swimmer, it benefits them by making it fun to see underwater and prevent those splashes in the eyes!

Some tips prior to the first lesson, to help it run as smoothly as possible.....

- 1** Take your child to pool where they will be having their lessons. Let them watch so the environment and process becomes familiar.
- 2** If your child is someone who is anxious with new people, come and introduce them to the instructor – we're always happy to wave hello!
- 3** When arriving for your first lesson have togs on and be ready to go. The less there is to do at the pool on arrival the better.
- 4** Take things slowly – some children will jump right into it and some will stand back and join in when they're ready. Both are fine. Progression and improvement takes time and lots of repetition is needed to reinforce the basic fundamental skills.

Finally, as a parent be ready for all emotions. We're here to help make your child as comfortable as possible. The rewards and benefits are huge and water safety is a massive life skill for all our children to have.