

1

1. After your child becomes used to the water take steps to get her to put her face in the water. This is done by washing your face with her and emphasizing the blowing of bubbles as in photo. Next, have her lower her hands just under surface and blow into them. (not shown)

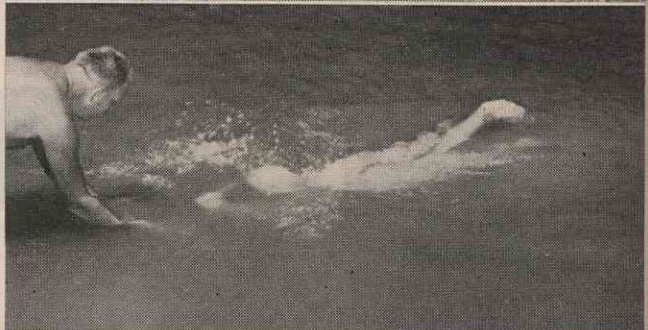
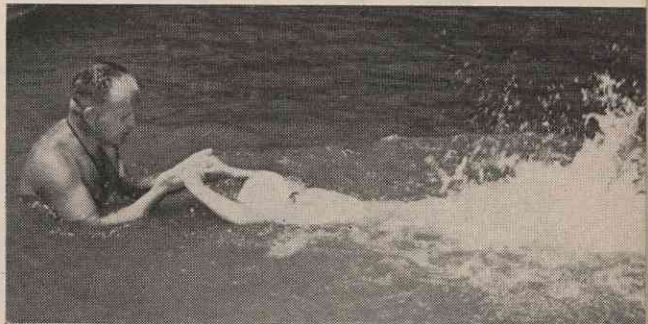


2

2. Next, have her bend over, placing hands on knees, putting head into water. While in this position have her blow bubbles again. Child must successfully do the three steps mentioned before she is allowed to proceed to next step.

3. Now, standing in front of her, take child's hands and ask her to put her face in water and blow bubbles and also kick up and down.

3

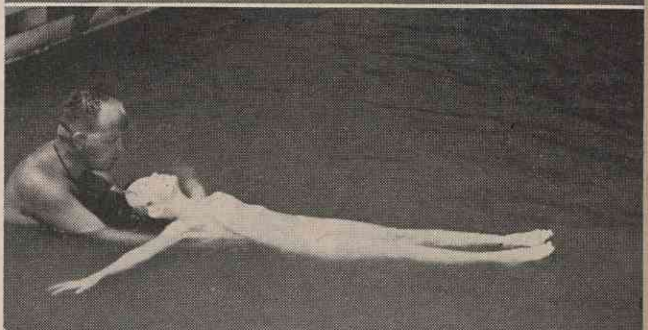


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4. Stand in front of her and let her try this by herself, but be there to catch her and help her regain her balance. To regain balance, tell her to bend her knees and raise her head.

5 Standing behind child, place both hands under child's shoulders. Tell her to look at you. (This will help get her head back.) Tell her to lie rather than sit, arch back and relax, keep feet together and arms straight out. Then have child move arms down to sides, then out again. This gives support plus movement.

5



6. Then remove one hand from back. When child gains confidence, place only one finger in the middle of her back and then, finally, (as in photo) no support. Be sure to emphasize a straight arm movement. Remember always to: get in the water with your child; praise any type of improvement and, above all, have patience.

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