Baby swimming info
City of Oulu
2018–2019
Main goals of baby swimming lessons

• fun playtime for the family
• a healthy activity, gateway to an active lifestyle
• promotes social interaction between families
• acquaints the child with water
• satisfies the child’s exercise needs
• promotes swimming ability and water safety
• supports rehabilitation and the parents of children with disabilities
General instructions

• Pay adult’s swimming fee

• Sign up and fill in a data sheet at the pool

• Get changed in group changing room

• Wash carefully with soap/don't wash the baby

• Use the "baby sauna" (sauna number 3)

• Come to the pool on time, keep to the assigned swimming time

• Abide by all pool rules
At the changing room

- First group changing room has babysitters
- Communicating door is open so that you can give the baby to other parent if both parents want to wash in peace.
- Men don't go and wait at the women's changing room

When going to the pool

- Satisfy your baby's basic need (sleep, food)
- Bring along a towel/bathrobe
- and a swimsuit (with a name tag sewn on)
- diaper not needed (tight swimsuit is enough)
The quality of the baby pool water depends on parents’ hygiene level when getting into the pool.
Personal hygiene

- Wash
- Wet or cover your hair
- No chemicals
- No jewellery
- No make-up
- Wear proper swim attire - no shorts
Getting ready for baby swimming

• Lower bath water temperature to +32°C
• Use a lot of water when bathing the baby
• Wash baby's face using plenty of water
• Spend the same amount of time on bathing as on swimming lessons
• Let the baby get used to the swimming pool environment
First swimming lesson

• Take your time, let the baby get used to the place

• Starting age 3- 5 months / at least 5 kg

• Wrap the baby in a large bath towel

• Don't take a crying baby into the pool

• Proceed on the baby's terms

• A gentle grip, don't squeeze the baby

• Maintain eye contact

• Check fists - do they open

• Speak calmly and stroke the baby's limbs and body

• Relax!

• The first swimming session lasts 5-15 min
Swimming lessons – content

1. Holding the baby in the water
2. Floating on back
3. Preliminary diving exercises
4. Submerging the baby under water
5. Balance exercises
6. Blowing exercises
7. Diving
   - assisted
   - independently
8. Water safety
Holding baby in the water

BABY ON BACK

• Support with one hand (baby's ears in the water)
• Hold the back of the head (not the neck) Maintain eye contact
• Use both hands to support the baby
Holding baby in the water

BABY ON TUMMY

- Give the baby freedom to move
- At first, place hand under the chin to support it
- Use both hands to support the baby
- One-hand grip
- Keep moving all the time
**Holding baby in the water**

BABY IN UPRIGHT POSITION

- Hold the baby by the armpits
- Don't lift the baby up from the water (will get cold)
- Support the pelvis Support the soles of the feet
- Bounce the baby up and down
General state of health – swim only when healthy!

Risks and dangers and how to prevent them

1. Skin problems
2. Infections
3. Parents' ambition
4. “Poop accidents"
5. Drinking the water
6. Overreaction
Thank you for your interest. A fun activity awaits you!