

Oulu Capital
of Northern
Scandinavia



Baby swimming info

*City of Oulu
2016–2017*

OULU



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*

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*



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)*

General instructions

- *Pay adult's swimming fee*
- *Sign up and fill in a data sheet*
- *Get changed in group changing room*
- *Wash carefully with soap/don't wash the baby*
- *Use the "baby sauna"*
- *Come to the pool on time, keep to the assigned swimming time*
- *Abide by all pool rules*



***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*



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*

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*



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*



***Thank you for your interest.
A fun activity awaits you!***

OULU