

Oulu Capital
of Northern
Scandinavia



Baby swimming info

City of Oulu
2018–2019

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

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!***

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