

## How to help your child be successful in the PediaSwim Program!

While the PediaSwim Program is mainly between the PediaSwim Instructor and your child, you have a special role to play in your child's swimming journey. Here is what you can do to help your child be successful in the PediaSwim Program.

- You are your child's biggest cheerleader. It is important that your child knows you are comfortable with the program you have enrolled them in. Do not roam around or hover on the pool deck. Your child will notice and feed off your nervous energy, make sure they know you are comfortable and proud of them. As the parent, the best thing you can do is sit in a chair. Be relaxed, smile and give your child a thumbs up. Let them know they are doing a great job!
- Do Not Use Floatation Devices! No puddle-jumpers, life jackets, arm bands, rings, etc. while swimming. The only two exceptions for this would be on a boat or in dark waters. **These will give your child a false sense of security.** Using these items once they are enrolled in the PediaSwim Course, will reinforce the wrong posture, and may extend the length of the Basic Training Course.
- While your child is learning their breath control, they may swallow some air. This is completely normal. Sometimes this air gets below any undigested food and the food may come up with the burp. If this happens, it is not a problem. You may want to consider switching up their eating schedule. Start by stopping all food and drink an hour before your lesson. If they continue to spit up, consider extending the time longer. Let your child rest on a towel after their lesson
- Do not go home from a lesson and try to do what your instructor is doing. Your instructor is a very skilled and experienced professional. They have gone through an intensive training. Do not hold your child on their back or by their head in the pool or bathtub. Doing this will extend your time in the Program. You hired a professional to teach them to swim, let them do the work.



**It's not just swim lessons, it is SURVIVAL!**