

What Should I Expect?

When I Swim with Baby

***H**ere are a few tips for swimming with your baby:*

Swim Diaper. We require a reusable swim diaper, plus an outer cover. Poop happens! Warm water can stimulate digestion, so these diapers help keep the pool clean and healthy for all of us. (Be aware that swim diapers only contain solids...don't put it on too early or you may find a puddle under baby.)



Temperature. Watch baby's body temperature. Choose a warm-water pool when possible, and even then, limit time in the water (30 minutes is a good rule-of-thumb.)

Relax. Swimming is good, natural and fun. Your baby will take cues from you, so hold your baby with confidence, smile and enjoy your pool time! Try not to rush into class...slow down; you're never too late!

Crying is normal. Your baby may cry during their first water experience; this is a normal reaction to a new sensation. Stay calm and consistent, and after a few more exposures, your baby will love the water like you do!



Bath time. Sing songs and explore the water during bath time. Use a washcloth or toy to drip and pour water all over her body. If feasible, try showering with baby!

Arm's Length. The most important, final note: *always supervise your young child within arm's length in and around water.*

This means bath time, pools (of any depth!), beaches, lakes...and even toilets. Keep your eyes on your baby at all times while near any type of water.



(530) 759-1214

www.swimamericadavis.com