

If I Could Swim Like an Otter

By Deborah Mott

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United States of America

A Keepsake Guide to
Learning to Swim

Dedication

This little book is dedicated to my family: Bo, my husband, and our two sons and their families: Adam and Jennifer, and their children Aiden and Anona and Alex* and Kelsey, and their son Henry.

Thank you for all the fun memories, especially in and around the water.

I pray for safe and fun times for us all. I love you each and all with all my heart!

(*in our hearts forever 2020)

Moms, Dads, or other Adults:

Don't miss the cut-out certificates and badges in the back, along with lots of help for the swim teacher. To make this a keepsake photo book, we recommend taking pictures of the New Swimmer to paste over the matching, step-by-step pictures given throughout the book. In this way the child can see his progress and have his learning-to-swim experience in picture form inside his own personalized book.



If I Could

SWIM

LIKE AN OTTER



I WOULD HAVE FUN LIKE AN OTTER
BECAUSE OTTERS LOVE TO SWIM!

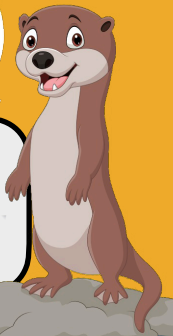
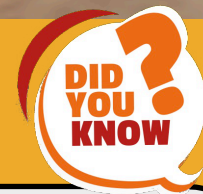
I will never know if I can
unless I try!

So, **I WILL TRY TO SWIM
LIKE AN OTTER!**





IF I COULD **SWIM** LIKE AN OTTER



Baby otters need to learn to swim just like people! Baby otters are often called pups or kittens. Otter mothers teach pups to swim. Pups learn doggie paddling by semi-floating on their tummies while moving their arms and legs, just like children!

I WOULD HAVE SWIM LESSONS FROM MY MOTHER.

At first I was kind of scared but my mom held me and kept me safe. She showed me what to do and helped me to do each step!



Pups learn to go underwater to swim, dive and glide, just like children! Pups can take months before they can safely swim on their own without help. Otters start lessons soon after birth.. But this book is meant for children about 3 years old and older.



IF I COULD **S W I M** LIKE AN OTTER

An otter mother blows air into her pup's fur to make it float, and then she wraps the pup in kelp, which acts like a life preserver and an anchor so the pup does not float away.

I WOULD LEARN TO FLOAT LIKE A BOAT.

Otters float on their backs and I will learn to float on *my* back. Mom helps me keep my head back and chin and tummy up. I can now float by myself. I also learned to roll from my stomach onto my back to breathe. Floating helps me catch my breath and rest.



Otter mothers secure pups until the pup can float on its own. Until then, the mother otter will also carry her pup on her belly as she floats on her back. The pup can feed as they float together.





IF I COULD **SWIM** LIKE AN OTTER

Otters and people breathe above water because neither can breathe underwater. Guess how many minutes otters can hold their breath. Answer: Some otters can hold their breath for 3 to 8 minutes. Young children (3-5 years old) usually can only hold their breath underwater for 3 to 20 seconds at first.

I WOULD BLOW BUBBLES, TO NOT HAVE BREATHING TROUBLES!

Blowing bubbles is fun and keeps me from choking or taking in water by accident. I try not to drink the water. I blow bubbles underwater. I breathe above the water. I need to remember this so I don't choke! I blow out, exhale underwater, then lift my head above the water to take a breath.



People breathe out bubbles underwater to avoid getting water in their nose or mouth and to prepare them for their next breath above the water.





IF I COULD

SWIM LIKE AN OTTER

Otters can jump up out of the water to make a basket in a water basketball hoop. Otters can also jump up above the water to catch a ball. Otters on land can jump up quite high and they have been seen bouncing upward when beginning to climb.

I WOULD BE SO BRAVE...I WOULD JUMP IN AND MAKE A WAVE.

Mom had me sit-jump my first time and kept my head above the water. Mom always caught me as I jumped in. Next, I stood up to jump. I took a deep breath, held my breath and jumped in! I went all the way under the water. It was not as scary as I thought! I have learned to jump in, blow bubbles underwater while I swim up to the surface of the water and then float on my back.



Otters like to jump into the water too. They, like people, can jump in, go all the way under the water and come up to the surface of the water to float.





IF I COULD **S W I M** LIKE AN OTTER

Otters can dive down deep underwater, roll around, turn and change direction quickly. Otters are fun to watch as they do all kinds of cool moves! They are sleek and speedy as they slide and glide and make surprising, twists, turns, and flips.

YES...I WOULD JUMP IN WITH A LEAP, AND MY HEAD WOULD GO UNDER UNTIL I WAS SO DEEP!

I now know how to hold my breath underwater and I also know how to blow bubbles underwater. When I jump in, Mom watches me come back up above the water to get my breath. I love swimming to the surface by myself and then turning over to float on my back! It's fun!



Otters love to swirl and twirl and playfully spin underwater. They are known for their playful, frolicking, tumbles and twists! Otters seem to put on underwater acrobatic and gymnastic acts!





IF I COULD **SWIM** LIKE AN OTTER

Otters kick with their strong, webbed, back feet that act like flippers. They use their front webbed feet to paddle. Their webbed feet help them swim fast.

I WOULD MAKE MY LEGS KICK. I WOULD MAKE MY LEGS MOVE QUICK!

Mom showed me how to kick. Then mom moved my legs up and down in small fast kicks. Next I moved my legs up and down all by myself. My one leg went down as the other leg went up. It was fun. I was kicking!



Otters use their powerful tails with their kicks to propel them through the water at fast speeds. When swimming fast, their bodies move up and down with their tail, and their back legs steer.





IF I COULD **S W I M** LIKE AN OTTER

Otters can swim about 6-7 miles per hour or about three times faster than the average human swimmer. Otters use all four legs to swim but their muscular strong tails help them swim skillfully and swiftly.

I WOULD BE CAREFUL NOT TO CHOKE.
I WOULD SCOOP WITH MY HANDS AND
ARMS TO MAKE A SWIMMING STROKE.

Mom had me reach forward with my arms and hands and scoop (pull) toward my body. I scooped one hand after the other. I put my face in the water and blew bubbles as I scooped with my hands and arms.



Otters can close their nostrils and ears to keep water out. But people need to blow bubbles to keep water out of their nose and mouth. To swim fast, people can scoop by reaching out far and pulling back hard.





IF I COULD **SWIM** LIKE AN OTTER

Otters are often seen playing together wrestling, and at times, floating on their backs holding hands in couples and large groups. Otters tend to be protective and friendly with one another. Otters often sleep floating on top of the water while holding hands!

I WOULD PLAY WITH FAMILY AND
FRIENDS ALL DAY,



AND I WOULD SAY... "HOPE WE ALL HAVE
A SAFE AND FUN SWIMMING DAY!"

WE CAN LIKE AN OTTER

IN THESE WAYS:

- ✱ We can float like boats
- ✱ We can put our heads underwater and make bubbles or hold our breath
- ✱ We can make scoops (strokes) with our hands and arms to move ourselves forward
- ✱ We can make quick kicks up and down to propel us forward
- ✱ We can jump in, swim to the top and float
- ✱ We can breathe above water when swimming



Rules are made to keep us safe.

SAFE SWIMMER'S PLEDGE

- When I swim, I **will always** have an adult swimmer with me.
- If I get tired I will **float on my back** and take breaths and do my best to get to the side of the pool or land.
- If needed, **I will use things that float** to help me and others.
- I will hold my breath or **blow bubbles under water** so as not to choke or have breathing troubles.
- I will keep my mouth closed and **not swallow or inhale** the water.
- If I'm on a boat I will wear a **life jacket** to help me float, and keep me safe. (It is the Law.)
- I will be careful getting in the water. If it is not very, very, very deep, **I will only jump in feet first.** *(I will not dive, or do a cannonball into shallow water or water that I do not know how deep it is.)*
- If a person is sinking to the bottom, not able to swim, I will yell for help and if no one comes quick, I'll go get help
- **For a tired swimmer, I would throw in a float and also call and go get help.** If a swimmer is in trouble, every minute is important. (I know that young, inexperienced, new swimmers are NOT to go in after a drowning person as it could cause them to drown too!) **Yelling for help and going to get help if needed is very important!**

You did it. You're swimming!
Clap with me. Hooray!



SWIMMING STAR!

Certificate Of Achievement in Learning to SWIM!
Great job! Please BE SAFE!!!

YOU'RE AN OTTER IN DISGUISE! WELL DONE!

Can Swim Like an Otter

YOU REALLY LEARNED TO SWIM!

Date: _____



CONGRATS!



Permission granted to reprint this page for personal use for as many children as needed.

Celebrate achievements with badges! 



OTTER FUN 🦦

Otter pups are a marvel: amusing, brave, captivating, charming, charismatic, curious, cute, energetic, fascinating, frolicking, fun-loving, fuzzy, pure fun, smart, spectacular swimmers, spunky, zany... Being like an otter in these ways could be sensational!

Otters never seem to lose their playfulness. Otters are spectacularly entertaining. They splish and splash, slip and slide, somersault tumble underwater, dive, bellyflop, jump, ride on backs or tummies of other otters, they play tag, chase, wrestle, throw, roll, juggle and often sleep as they float on their backs holding hands!

Otters exhale bubbles from their nostrils. It is thought that by doing this they have an unusual ability to smell under the water!

Otters can swim in a long and lazy way or a short and speedy swim! Otters are lovers of water, serious, seemingly fearless champion swimmers.

Otters tend to have strong family bonds and it may be because they PLAY together. Sometimes otters float with one another, in pairs or with other otters in groups. They even sleep floating while holding hands! They hold onto one another to avoid drifting apart or losing each other and as protection from predators.

Family, Friends, Safety and Swimming are important to otters!

We can learn so much from otters!

Tips on How to Teach Swimming to a Child

The following pages are basic information and steps in learning to swim. The responsibility and risks involved in learning to swim using this information is solely your responsibility. Swim lessons and learning to swim do not drown-proof anyone. However, ability to swim does add a layer of protection and it has been reported that **CHILDREN WHO TAKE SWIM LESSONS (and learn to swim) ARE 88% LESS LIKELY TO DROWN THAN THOSE THAT DO NOT.** The most common reason for drowning is a lack of swimming ability. Drowning can be drastically reduced with proper water safety training & lessons taught.

This information will be helpful to anyone teaching the basics of floating and swimming, starting at 3-4 years of age and above. For **New Swimmers** younger than 3-4 years old, ISR=Infant Swim Resource, or other training may be of greater assistance in teaching swimming.



SKILL #1 BACK FLOAT (Basics of Floating)

GOAL- Independent and effective floating on back

It is reported that **floating skills have reduced the rate of drowning** among children under 15 years by 50 percent in the past decade! **The back float is considered a water survival skill as it enables swimmers to rest, breathe and call for help.** Learning this horizontal position correctly can be helpful in preventing drowning. Please teach effective independent floating as a priority in learning to swim.

To teach children and adults to float, begin by having the **New Swimmer (NS)**, put their head on your shoulder like a pillow. (Instructor's shoulders are to be just below the level of the water.) **Key words to use: Head and shoulders back. Chin and Tummy up.** (Chin and belly button to the sky. Pretend you are a puppet and there is a thread to your chin and belly button pulling chin and belly button up.) Use your one hand to support NS's lower back, other hand to help position NS, if needed. **NS's arms and legs positioned on top of the water like a "Starfish", head level with shoulders, belly and chin up.** Encourage NS to **take a deep breath and relax. Hold position** and then increase time in increments of 3-5+ seconds, if possible. Continue to put the NS in floating position often during lesson (and during swimming fun times) to ensure an effective supported float with balance, comfort and trust.

Work toward independent floating by standing at NS's side to support the NS with your hands—1 under their head and 1 under their lower back. Repeat the **BOLDED PARTS** of above steps. **As NS is ready, slowly remove your hand from lower back** as NS stays balanced. Once comfortable with this, then the **next step is to begin removing the supporting hand from below NS's head** while NS is in effective float. Slowly removing head support (usually the hardest part) is the last step. It is the most important step so practice repeatedly. Wean your support away slowly. Be close by to offer support especially the first time NS floats on their own. Assist while talking to NS to encourage and remind of key words, as needed. Slowly removing support from a stable floater is meant to help bring about independent floating.

(Key words: head and shoulders back, chin and tummy up, legs and arms extended like a starfish, breathe, relax.)



SKILL #2 BREATH CONTROL BASICS

GOAL - Blowing bubbles or holding breath without choking

Warning: Excessive water swallowing, choking or gagging are signs that the NS has not learned breath control. Stop, slow down and return to basic fun activities before gradually re-attempting breath control. *Breath control can start with teaching bubble blowing.* **“Bubble blowing under water is blowing air out under water so we don’t breathe water in!”**

Blowing bubbles is important! Introducing bubble blowing in the air (with soap bubbles, if possible), prior to getting in the water, helps to evaluate NS's ability and willingness. (Some children are not ready or capable or willing to try to learn blowing bubbles and breath control.) Find out what the NS knows and where their skill level is before teaching bubble blowing in the water. Start by seeing if NS can purse their lips and blow. First demonstrate this and then have NS try it. If they refuse or do not know how, consider trying more introductions to blowing bubbles: encourage blowing using a straw in a cup of liquid or practice with blowing out a candle on a cupcake or blowing a ping pong ball across the floor or table or top of water. (To help children learn this skill, our book *“Will You Blow Bubbles Like the Amazing Animals You See?”* may be helpful.)

Often a NS will come to swim lessons afraid and may have had many past choking episodes or uncomfortable experiences. Be patient. Once the NS blows bubbles on land, move to the water. Play “Follow the Leader” with these 3 steps:

1. With your mouth barely above the water, blow the surface of the water to make the water move. NS does likewise.
2. Blow bubbles with lips only in the water. NS does likewise. Increase the time and frequency of “lips only under water” blowing bubbles throughout lesson.
3. Once comfortable with steps 1 and 2, encourage nose, eyes and forehead (face) under water while blowing bubbles.
4. Advance to holding breath underwater for 3 seconds and lift head to take a breath.

Key words: blow bubbles under water. lift head, take a breath above the water. Next, nose and mouth underwater, hold breath: 3, 2, 1, lift head take a breath.

Prevent Trouble: In any water, but especially in waves, if breath control is not established, be diligent to prevent swallowing or choking on water. Be aware that getting water into the lungs can cause “Dry Drowning” or “Secondary Drowning”. PLEASE— Do not force non-ready NS to go underwater. Do not surprise NS or push them under unaware or unprepared. Do not allow dunks and holding (even mature swimmers) under water “in fun”. Do not allow “holding breath contests” without lifeguard or adult watching and being fully aware!



SKILL #3 JUMPING IN WATER

GOAL - Jumping in with breath control, then to horizontal body position

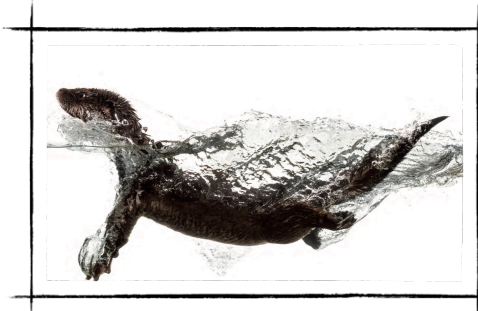
Once NS can jump in and submerge without choking, teach the very important principle of swimming to surface and floating on back (horizontal on top of water). **The more vertical an NS is while swimming the more likely tiring will occur more likely a potential drowning!** Teach this principle and emphasize and assist HORIZONTAL POSITIONING while

swimming and floating. (See SKILLS #1 & #6 for PREVENTION)

Build trust by telling NS what each step is prior to doing the step. Reassure NS what to expect and stick to your word. Before NS jumps, encourage NS to take a deep breath and hold their breath by keeping their mouth closed, especially once under water, (or blow bubbles). This may seem a little thing but it really is so very important and at times difficult for young children to learn. It is crucial to prevent choking. (See Skill #2 Breath Control)

1. When NS is young or afraid, start with sit jumps, light splashes, with full catches by instructor.
2. NS does standing jump into water. Catch them while NS's head stays above the water surface. Tell NS that their face may get wet from splashes but you will still catch them.
3. When NS is prepared, progress to allow a quick submersion as you catch NS under water and help them to surface.
4. Advance slowly so NS wants to independently jump in and go fully under water with breath control. Be nearby for potential assist. **Goal: NS jumps in water independently and swims to surface with breath control and then moves to a back float.** Some people are very afraid of putting their face and head under water. Patience and consistency and clear directions are helpful. If you sense fear or past trauma, take your time and accommodate and adjust expectations. Help each person go at their own pace. Demonstrations are helpful. Water that is at shoulder height of NS can help NS feel safe when learning to jump in, as they can stand up once they jump in safely. Talk NS through the steps as you go. Once the NS can jump in, go under without choking, and can propel by basic "doggie paddle", teach NS to move to a back float.

Key words: Deep breath, hold breath, jump in while holding breath (or blow bubbles), doggie paddle, swim to surface, turn over to float on back. Rest, breathe.



SKILL #4 FLUTTER KICKS THAT PROPEL FORWARD MOVEMENT

GOAL - Effective kicks that moves NS's body forward

The flutter kick moves a swimmer forward like a motor moves a boat forward. Kicking keeps the legs up near the surface of the water so legs do not drag a swimmer down. Kicking helps align and stabilize the upper body. Kicking is a needed basic skill in

swimming.

Effective kicking can position the NS horizontally to improve forward movement and prevent excessive tiring that comes from vertical positioning.

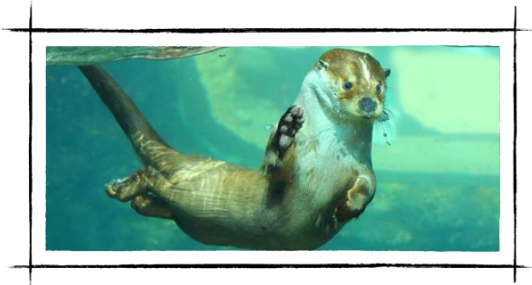
1. Teach the NS to kick while sitting on the side of the pool.
2. Then, in water, have NS kick while holding on to the pool edge, in the horizontal, front glide, position. Stand next to NS, hold NS's calves and move their legs up and down in fast kicks.
3. Using a kickboard, repeat step 2. Then advance to a front glide while kicking only.
4. Advance to holding NS upper leg and move the leg up and down in fast kicks using all of the NS's leg. Kicking from the hip is an advanced skill but adds power and efficiency.

The **up and down** movements are **small fast kicks while the leg is extended and the toes are slightly pointed. A normal slight bend at the knee is good.** The best advanced kicks start at the hips and upper leg when done correctly. Help with the correct movement and then have them try independent kicking. **Reinforce principle of horizontal, front glide, positioning in the water as they kick.**

If using a kickboard have NS extend their arms to encourage horizontal position. Once NS is kicking fairly well, encourage NS to put face in water, blow bubbles while kicking, and lift their head to take a breath.

Key words: Fast Little Kicks Up and Down (legs mostly straight, feet relaxed/pointed)

Advanced: (Kicking in horizontal position with face in water): **Kick and Blow, Lift Head to Breathe while Kicking**



SKILL #5 STROKE WITH ARMS AND HANDS

GOAL - Effective strokes that propel NS forward in horizontal positioning

The arm and hand strokes have the greatest power to move a swimmer forward in the freestyle stroke, also known as the front crawl. Beginners may first learn a "doggie paddle" stroke and then advance to the classic freestyle, swimming stroke. Beginning with the "Doggie Paddle" allows the NS to keep their head above the water.

To teach the arm and hand rotations, it may be helpful to have NS stand in chest deep water. NS cups hands, reaches forward alternating one arm at a time, hand enters water as arm extends, in front of shoulder, with hand, pull slightly down and TOWARD THE BODY in a circular type motion. Repeat. Demonstrate. NS follows.

Next, GET INTO HORIZONTAL POSITION. Add kicking with advanced doggie paddle stroke, reinforcing the front glide, horizontal positioning. A front glide helps NS learn to keep their body in a horizontal position on the surface of the water. This will help them stay afloat, use less energy and move them through water easier and faster. The head is a heavy part of the body so if the head is down in the water (during doggie paddling) and not above the water, it will be easier to stay afloat and move through the water. Horizontal body position is far safer, faster and less tiring than vertical positioning in swimming. The goal and safety of getting horizontal should be emphasized.

Once NS has mastered the above, begin teaching the full freestyle arm stroke. The hand is at a slight angle (thumb and index finger enter the water first with arm extended and in front of shoulder) and drops down in the water to begin the pull. The hand and arm pull toward the body and finish the stroke at the hip. To recover the stroke, the arm lifts up and bends. The hand comes out of the water, the arm and hand then extend forward to position the hand for another stroke. The right arm goes forward as the left arm goes back. Then vice versa.

Have NS do 2-3 full strokes without a breath and then flip over on back to float and catch a breath. Next NS is ready to learn breathing to side during a swimming stroke. (See SKILL #7)

Key Words: Reach out far, pull back hard. One cupped hand at a time enters water, pulls towards body, finish at hip, bend arm, hand over then extend arm, hand enters water and next stroke begins. Repeat alternating arms continually, like bicycle pedals but with arms.



SKILL #6 FRONT GLIDE AND FLIPPING OVER ON BACK TO FLOAT

GOAL - FRONT GLIDE with Turning over to float on back to rest/breathe/call for help, if needed.

Moving from a front glide to a back float is considered a survival skill and can also be helpful for NS before and while learning to breathe to side. NS can flip onto their back to rest, get a breath and if needed, call for help, then flip back to front glide

position to continue their swim.

Teach NS to push off the wall like a spring or rocket-ship. Demonstrate on land, then water. Legs start fully bent, feet planted on the pool wall, NS pushes off wall with feet and by straightening legs, arms extended over ears and head, chin is down. Hands lead the whole body. NS springs off wall and will go far when done properly.

Front glide = face down in water, head level with spine on surface of water in horizontal position. Teaching NS to maintain this horizontal position while swimming is a goal.

It is important for Front Glides/Horizontal Positioning/Back Floats to counteract vertical positioning because: Vertical positioning in the water for an NS is associated with drowning, called a "silent drowning". If an NS cannot get mouth above water, they cannot call for help! Thus, when a swimmer is getting tired or needs a breath, flipping over onto their back and floating can prevent drownings by allowing rest and CALLS FOR HELP! Emphasizing the danger of vertical position while swimming is important. Promoting back floats and flipping over to float on back can save a life!

1. From face down, front glide, have the NS flip over onto their back to float.
2. Advance to moving from a vertical (up and down or even standing position) to a back float, (horizontal position) first in chest deep water and then in deep water, with assist as needed. (See Skill #1 Back Float)

Again, flipping over from front to back can be a survival skill and is very helpful for an NS that has not learned how to breathe to the side. NS can flip over onto their back, grab a breath and then flip back over to swim. Never underestimate the importance of getting NS's mouth out of water to call for help!

Key Words: Legs bent, feet planted, head between arms and arms overhead, push off and glide, start your swimming stroke and kick, maintain horizontal position, flip onto back to float and breathe. (Practicing a call for help is also recommended.)

SKILL #7 BREATHING TO THE SIDE WITH FREESTYLE STROKE

GOAL - Complete breaths timed correctly and without choking during a stroke.

Initially, NS may lift their head up to breathe, like in a “doggie paddle”. Most younger children can learn to swim with their face in water and then pop up their head for a breath. Most children are not ready to learn to breathe to the side until they are 5 - 7 years old or when they can coordinate a sequence of actions.

Learning to breathe to the side can be daunting to children. Turning the head to breathe in correct timing with the stroke brings success. Each step below needs to be achieved before adding next step. Be patient. NS's will LIFT their head so teaching TURNING THEIR HEAD at the right time is the key!

1. Review and demonstrate blowing bubbles with head down and lifting head to get a breath. NS shows skill.
2. Standing up, face in water, demonstrate **blowing bubbles, head down, but TURNING HEAD, NOT LIFTING HEAD, to get a breath.** NS shows this skill. **Key words: Blow Bubbles, TURN HEAD, DO NOT LIFT HEAD, ONE EAR STAYS IN WATER AS HEAD TURNS, CHIN TO SHOULDER, TAKE A BREATH,** then repeat. (Have NS breathe to just one side.) Practice with a few successful breaths in a row before next step.
3. Add kicking while turning head to breathe. May start with NS holding onto your shoulders while kicking and side breathing. With NS's success, then use kickboard and have NS hold end of board, face in water and kick across pool, blowing bubbles, turning head to breathe. **Key words: BLOW & KICK, TURN HEAD, BREATHE.** Once NS can kick across the pool while successfully and consistently breathing to side each time, then they are ready to progress.
4. Start this step while **standing in chest-deep water** so NS can learn rhythm and timing. With NS's arms extended over surface of the water, holding back edge of kickboard in front, drop one arm while turning head to breathe to the side. **Key words: BLOW BUBBLES, HAND DROPS, HEAD TURNS, CHIN TO SHOULDER, BREATHE, THUMB TO THIGH, HAND OVER AS HEAD GOES DOWN, HOLD KICKBOARD AGAIN, REPEAT USING ONLY ONE ARM...** NS repeats 5-10 times while standing. Only when they have this rhythm down are they ready for next step.
5. Have them kick while using the kickboard. Drop arm, turn head to breathe.
6. Have them do front glide (without kickboard) while kicking with arms extended in front while practicing one arm stroke and breathing to side successfully.
7. IF NS can do 5&6 well, then they is ready for 2-arm or full stroke while breathing to side. **Adding the second arm is much easier** if they can perform previous steps. **While standing in chest deep water,** demonstrate full stroke side breathing. Once NS can do stroke and side breath **while standing,** then practice while swimming.

Key words: Head Follows Hand....as your Breathing Arm Goes Down, your Head Turns, as Arm Goes Over Head, your Head Goes Down As Your Other Arm is Pulling!

HELP MAKE THE WATER FUN, FUN, FUN and SAFE, SAFE, SAFE!

The more we make time in the water fun, the more likely a child will LIKE to be in the water and be willing to learn to swim. Instilling a love for the water can start at birth from bath times and play time with water activities. Being careful to help a child feel safe while experiencing the water is key. Also, being child-motivated and not performance-motivated helps children enjoy water moments while feeling loved. Love for the water comes from comfort, safety and fun in the water. To help promote these, be flexible, time-generous and allow 'child readiness' to lead activities and the pace of learning. The more a child feels relaxed and in control of their water experience the more eager they may be to try new skills. Fun, playful learning with gentle guiding and encouragement while allowing a child to basically set the pace goes a long way to setting a healthy foundation for swim readiness and future love of swimming.

In the US, an average of 3,500 to 4,000 people drown per year. That is an average of 10 fatal drownings per day. Drowning is the leading cause of unintentional injury-related death for children ages 1-4.

CHILDREN WHO TAKE SWIM LESSONS ARE 88% LESS LIKELY TO DROWN THAN THOSE THAT DO NOT.

I congratulate you on your commitment to read this book and teach a child to swim. You may be saving a life!

For more information on helping younger children learn Bubble Blowing Underwater we recommend our book available on Amazon.

Will You Blow Bubbles Like The Amazing Animals You See?

Helping Children Learn Breath Control When Learning To Swim

