

# The Parent's Guide to Teaching Newborns Water Safety: How to Enjoy the Water Worry-Free



**Water Awareness Newborns: A parent's guide to teaching NEWBORNS water safety & how to enjoy the water (Water Awareness for Infants Book 1)** by Allison Tyson

★★★★☆ 4.3 out of 5

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As a parent, there's nothing more precious than your child's safety. And when it comes to water, safety is paramount. Drowning is one of the leading causes of death in young children, so it's essential to take all necessary precautions to keep your little one safe.

Many parents are hesitant to put their newborns in the water, fearing that they're too young to learn how to swim. However, research has shown that even newborns can benefit from water safety lessons. In fact, starting early can help your child develop a lifelong love of the water and reduce their risk of drowning.

This guide will provide you with everything you need to know about teaching your newborn water safety. We'll cover everything from choosing

the right swim class to practicing safe swimming habits.

## Choosing the Right Swim Class for Newborns

When choosing a swim class for your newborn, there are a few things to keep in mind:

- **The instructor's experience.** Make sure the instructor is certified in infant swimming and has experience teaching newborns.
- **The class size.** Smaller class sizes allow for more individualized attention from the instructor.
- **The water temperature.** The water should be warm enough to keep your baby comfortable, but not so warm that they overheat.
- **The facility.** The facility should be clean and well-maintained.

Once you've found a swim class that meets your needs, it's time to start teaching your newborn water safety.

## Teaching Your Newborn Water Safety

The best way to teach your newborn water safety is through a combination of play and instruction. Here are a few tips:

- **Start slowly.** Begin by getting your baby used to the water. Let them splash in a shallow pool or bathtub.
- **Be patient.** It takes time for newborns to learn how to swim. Don't get discouraged if they don't get the hang of it right away.
- **Make it fun.** Swimming should be a fun experience for both you and your baby. Sing songs, play games, and make lots of eye contact.

- **Be safe.** Always supervise your baby in the water, even if they're in a swim class.

As your newborn gets older, you can start teaching them more advanced skills, such as floating and back floating. You can also start taking them to the pool or beach, where they can practice their skills in a real-world setting.

## **Practicing Safe Swimming Habits**

In addition to teaching your newborn water safety, it's also important to practice safe swimming habits. Here are a few tips:

- **Always supervise your child in the water.** Never leave your child unattended, even for a moment.
- **Wear a life jacket.** Children under the age of 4 should always wear a life jacket when they're in the water.
- **Swim in designated areas.** Only swim in areas that are designated for swimming and are supervised by a lifeguard.
- **Be aware of the weather.** Never swim in a storm or when there is lightning.
- **Teach your child how to swim.** The best way to prevent drowning is to teach your child how to swim.

By following these tips, you can help ensure that your newborn enjoys the water safely.

Teaching your newborn water safety is one of the most important things you can do to protect them from drowning. By following the tips in this

guide, you can help your baby develop a lifelong love of the water and reduce their risk of drowning.

So what are you waiting for? Get started today!



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