

PARENT AND TOT TIPS

Progressions

Progressions are the components that make up a skill. Here are some sample progressions for Parent & Tot 2, Item 4: *Face wet and in water*:

- Put water on the face with hands – parents wet their own faces, then help children get their faces wet
- Parents cup water in their hands have children dunk their chins, blow bubbles etc.
- Parents put water in a bucket and dunk their chins, noses, blow bubbles, etc.
- Parents put water in a bucket and have children dunk chins, noses, blow bubbles.
- Practice at home – in the bathtub practice getting face wet and blowing bubbles
- Instructors facilitate activities that encourage getting faces wet and blowing bubbles: Hokey Pokey, If you're happy and you know it, bob story, etc.
- Practice dunking individual parts of the face: chin, lips (bubbles!), cheeks, ears, nose, hair, etc., until the whole face is submerged.