

# Parent & tot tips - submersion

**Submersion can be a scary part of parent & tot – usually for the parent.**



The instructor must educate parents on when, why & how to properly submerge their little one.

**WHY** – submersion at an early age helps kids adjust to – and be comfortable in – the water. It teaches breath control which is essential when learning to swim.

**WHEN** – submersion needs to be done when the PARENT is comfortable and ready. A rushed parent will be nervous and that nervousness will transfer to the child. Remember, there is no rush to submerge a child, start by explaining the benefits and the procedure with your class.

**HOW** – as with anything we teach in swimming lessons submersion is taught using progressions the progressions to submersion include:

- Getting face wet – chin, cheeks, mouth, nose, ears, etc.
- Blowing bubbles

To begin submersion parents or instructor should:

- Count 1-2-3.
- Blow into the child's mouth/nose to elicit an auto-response to hold their breath.
- Dunk the child under the water to their shoulders.
- Repeat the sequence several times dunking the child to their chin, so their mouth and nose are under water, then finally until they are fully submerged.

## TIPS:

- Avoid dunking the child for a prolonged period of time. Once their head is under the water bring them back up.
- The parent should be calm and relaxed throughout the submersion to keep the child happy.
- While most young children won't cry after submersion, have a toy they like handy to distract them if needed.

