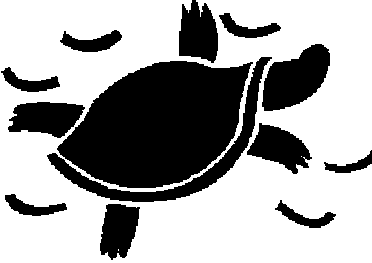


# Baby Bonding

Pre-Requisite	<ul style="list-style-type: none"> <li>• Parent willing to get into shallow (4 ft deep) water and submerge, no swimming or floating skills required</li> <li>• Child 3-18 months old able to get into the water, 1<sup>st</sup> year of life in the pool</li> </ul>
Description	<ul style="list-style-type: none"> <li>• Beginner course for caretakers and children to learn essential <span style="float: right;">through</span> stimulating songs and games that complement baby's development</li> </ul>
Objectives	<ul style="list-style-type: none"> <li>• Stimulate large motor skills and memorization through songs that require actions</li> <li>• Get caretaker and babies comfortable and safe in the water environment</li> <li>• Encourage parent-child bonding and trust with instructor, other participants, environment</li> </ul>
Time Commitment to Safety	<p>Recommended annually, either/or,</p> <ul style="list-style-type: none"> <li>• 36 weekly 40 min group lessons: 4 seasons annually during school year / 8 weeks each approximately</li> <li>• 40 sessions of 20 min of 1 on 1 instruction parent and child</li> </ul>
<p>Exit Skills</p> 	<ul style="list-style-type: none"> <li>• Breathing &amp; nose protection             <ul style="list-style-type: none"> <li>- Baby holds breath briefly and exhales following breathing cues</li> <li>- Mimics breath exhale/inhale noises</li> </ul> </li> <li>• Safety &amp; flotation             <ul style="list-style-type: none"> <li>- Baby floats holding caretaker's hands</li> <li>- Glide on back, can offer resistance to putting ears in the water</li> </ul> </li> <li>• Body movement &amp; balance             <ul style="list-style-type: none"> <li>- Parent and child enter and exit the water safely</li> <li>- If able to walk, child can sit and crawl backwards on steps, parent assist to prevent slips, trips or falls</li> <li>- Baby grabs caretaker's hand when entering water and may cry briefly, quickly perceives environment as safe</li> <li>- Can walk in shoulder deep water, without holding on to rail</li> <li>- Baby responds to cue of going under the surface of the water, exits within 3 seconds and recovers without swallowing water or spouting</li> </ul> </li> <li>• Navigation             <ul style="list-style-type: none"> <li>- While held from 1 hand, paddles with free arm on the front comfortably 5 - 8 ft. from steps, table or wall toward caretaker</li> <li>- From caretaker paddles with both arms to steps, table or wall on front with assistance, 8 - 10 ft.</li> <li>- Can fetch toys in 2 - 3 feet of water depth, with assistance</li> </ul> </li> </ul>