

Hand Your Child to the Teacher

If your child is fussing prior to swim lessons, walk your child out on deck and hand him/her over to the Coach. Then calmly walk back to the viewing room with a pleasant expression on your face. Never make a Coach chase your child or tear your child off your leg, because this will make your child fight to protect himself/herself. By handing your child over to the Coach, you are telling your child that you trust the Coach. That vote of confidence will help the Coach to more quickly win your child over.



Helpful Information for Beginners

"Crying During Swim Class"



**2503 Old Chocolate Bayou Rd.
(County Road 89)
Pearland, TX 77584
Phone: 281/586-4499
Fax: 281/586-4456
info@iswimpsa.com**



Crying During Swim Class

For a beginner, it is completely normal to cry during the first swim lesson(s). Consider the child's perspective...he or she is in a strange environment in the care of an unfamiliar instructor. Be assured that crying is not uncommon around the swim school; it is a natural expression of emotional discomfort due to immersion in the water or separation from you. That said, our instructors are trained to understand the nature of a child's fear. They will then work to gain the trust of the child, in part by acknowledging the child's fear, and then help the child to conquer the fear. Often, a simple reassurance makes all the difference.

How Long is Too Long?

How long is too long for your child to cry in swim lessons? On average, most crying swim students have stopped after the third lesson. At the very least you should notice that the crying is diminishing. If not, it is possible that your child may need a private lesson. Some children are much more comfortable with the undivided attention of a caring teacher.



Consistency and Praise

As a parent, the best thing you can do for your child is to keep bringing your child to swim class. Continuing to do so sends the message to your child that you, as the child's primary caregiver, approve and trust in this new activity, which in turn, helps your child to better adjust and overcome your child's fear. Please consider that delaying or avoiding swim lessons may serve to reinforce your child's fear, and create a situation that is more difficult to overcome.

The next best thing is to praise them for their participation in class. We are going to tell them how brave and what a big boy or girl they are, but we are certain that these compliments will have a greater impact coming from you!