



HOMESWORK ACTIVITIES

Splish-Splash Babies 3, Toddler



SPLISH-SPLASH BABIES 3 (INC. DISTANCE & PROPULSION)

BREATH CONTROL

In a bucket or bath filled with water have your child practice lowering their whole face into the water. Start with the chin and ask for them to try the lips, nose, and forehead. Practice looking for sinking toys or coins. Count how long your child can keep their face in. Slowly, try to count longer or even slower, to keep their face in for 5-8 seconds. Make it a challenge!

KICKING

Outside time can be great practice time. Kicking a ball across the room or backyard can be a lot of fun! Add a hoop or destination for the child to kick the ball towards.

Fill a tub with a small amount of water just enough to cover the feet. Assist your child in sitting, have them practice kicking back and forth making splashes.

PADDLE ARMS

Fill the bathtub up with enough water to cover your child's lap. Your child will sit in the tub in an area where you can reach their hands. You are going to hold your child's hands in a "cupped" motion. Practice pulling your child's hands forward away from their body until their arm is fully extended. The next step is to push the hand under the surface of the water and push it back toward their hip / belly. To keep your student interested and to create a motion they will remember, sing wheels on the bus while they scoop the water. Encourage them to sing this song and practice "Patting the dog!"

On land: The paddle motion can be performed on dry land as well. The motion is the same with or without water. Palms, with straight arms, go up and down, alongside their hips.

SPLISH-SPLASH TODDLERS (GAINING COMFORT & INDEPENDENCE)

BREATH CONTROL

In the bathtub, have your child put their lips in the water and blow bubbles. Have them make noises when trying to blow bubbles.

To practice blowing have your child blow things across the table such as tissues or ping pong balls.

Have your child practice taking a deep breath without exhaling and holding it for a set number of seconds (start with 3, then 5, then 10).

KICKING

Have your child straighten their legs. Move your child's legs up and down while singing to the tune of "Wheels on the Bus" "The swimmers in the pool kick up and down, up and down, up and down, the swimmers in the pool kick up and down, all through the pool". This can be done in a bathtub, small pool, or sitting on a couch.

CONNECTING WITH YOUR INSTRUCTOR

Talk about your instructor by name throughout the week. Talk about how exciting it is that your child gets to swim with (Ms. Joani) in two days! If you do not know the name of your child's instructor, make sure to ask our front desk!

