

Swimming in the Bathtub

Are your beginning swimmers feeling trapped at home without access to a pool for lessons? Here are 5 ways to practice swim skills in the bath!

Based on your child's age and skills in the water, choose an activity that suits your child.

Always provide direct supervision during any activities in and around water.

1. Pour a bubble-bath and place small toys on the bottom. Encourage your child to put their face under water (with goggles!) to find them all! More bubbles make this more challenging for school age children.
2. Place floating toys on the surface of the water. Encourage your child to blow air as though they are "blowing out candles" to get their toys to move across the water. When they have mastered this, have them "blow out candles" with their mouth underwater, and ask them to see how big of bubbles they can make!
3. For very young children, acclimate them to water by playing a game of Water Hokey Pokey. Encourage them to put their chin, ears, mouth, and back of their head in the water. Ex: "We put our right hand in, we take our right hand out..."
4. Practice blowing bubbles underwater. Start out with teaching your child how to "blow out candles", then when they are able to breath out through their mouth, have them try this with their nose. To do nose bubbles, encourage your child to hum and breathe out as they put their nose underwater. If they want a challenge, count how many seconds they can make bubbles!
5. Practice floats in the bath by filling the water as high as you are able to. Tell your child to look up at the ceiling and keep their ears in the water. Encourage them to push their belly up so that it is level with the top of the water.