



HOMEWORK ACTIVITIES



Happy Hippos 1,2,3

HAPPY HIPPOS 1 (GETTING COMFORTABLE)

BREATH CONTROL

Have your child put their lips in the water and blow bubbles. Tell them to blow like they are blowing out birthday candles.

Blow toys across the table such as tissues, ping pong balls, or cotton balls.

WATER COMFORT

In the bathtub, use a 'rain' bucket or cup to pour water on your child working from their toes up to their head (including toes, hands, tummy, back, shoulders, ears, and head). Before pouring water over their head use the cue: "1-2-3" and then bring the water forward from the back of the child's head. Be sure to praise the child!

SHOULDER FLOAT

Fill the bathtub with 2-3 inches of water. The water should only just be high enough to cover their ears. This minimizing the exchange of water in and out of the ears. Pick a song to sing, count to 10, or tap a spoon on the bathtub floor while the child lays there.

CONNECTING WITH YOUR INSTRUCTOR

To help your child get comfortable with the idea of new people they will meet-at the swim school, spend some time talking about the teachers at the school swim school. When talking with your child use the instructor's name and talk about how exciting it is for your child to get to swim with them. Talk about how exciting it is that your child gets to swim with Ms. BLANK in two days!

HAPPY HIPPOS 2 (GAINING INDEPENDENCE)

ASSISTED BACK FLOAT

To practice floating in the tub fill the tub up high enough to submerge your child's ears completely. This will decrease the discomfort of water moving in and out of the ear. To practice back floating, have your child lie on their back in the tub with their ears submerged.

To help your child understand the length of time required to stay in the floating position, sing one of their favorite songs or practice counting numbers. Increase the length of time you count or sing until your child can lie on their back comfortably for 10 seconds.

INCREASING BREATH CONTROL

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

Y-GLIDE AND PUSHING OFF THE WALL

Have your child sit on the couch facing you with their legs bent, knees tucked into their chest feet pointing outward, towards you, Place your hands on their feet and ask them to push you away.

HAPPY HIPPOS 3 (INCREASING DISTANCE)

STREAMLINE KICKING

Have your child lay on the bed with their legs hanging off the bed. Have them kick up and down leading with their thighs. Do not let their knees bend, make sure their legs stay straight.

ROLL TO FLOAT

On the carpet, have your child practice rolling from back to tummy and from tummy to back with their arms stretched over the head. This will ensure that they are rolling with their core muscles, not their arms or legs. Work on rolling back the same way (no log rolling).

