

1ST DAY – WHAT TO EXPECT

THIS DOCUMENT CONTAINS A LOT OF IMPORTANT INFORMATION SO PLEASE BE SURE TO READ EVERYTHING.

Lesson address is: 16299 Calvert Road, Forney

DO NOT KNOCK ON FRONT DOOR!! Please go on through to the backyard.

WHAT TO BRING TO LESSONS:

- Swim Diapers - required if your child has not been potty trained for over 6 months. You may find these at the ISR Seal Store- use the gift code from ISR to order you complimentary swim diaper. I can provide you with your code if you do not have it.
- 3 Towels- this is explained in Parent Resource Book that was sent to you from ISR. If you have not received a link from ISR for this, please let me know.

WHAT TO EXPECT:

The first day, we have a lot of information to go through. Please arrive 10 minutes early and be ready poolside to enter the water at your scheduled time. I will need to make sure I have a clear understanding of your child's medical history and their experience in and around the water. I want to make sure I am providing the safest and most productive lessons. The first lesson will likely be short. I will begin to try to establish a rapport with your child. I want to establish that I am here to help them through this process.

This is not to say that we will not be working this day. We will likely jump right in with both feet. In fact, we will likely go underwater on the first day. We will look to establish how to hold their breath. **Please make sure you DO NOT give your child any food or drink for 2 hours before the lesson (breastmilk 1 hr)**. No one works well on a full stomach and we will be accomplishing a lot in the normal 10 minutes we have together. This is extremely important on that first day even though it is short. Because this is all new, many children will be upset or will swallow air when learning to hold their breath. Your child may be upset on the first day. I want to make you aware of this because it is hard for any of us to see our children upset. Please remember these emotions **DO NOT** mean they are "fearful". Initially in their lives, crying is their only form of communication and infants and children cry for a variety of reasons. Crying can mean separation anxiety since many students are at an age where they feel very attached to parents. Other children are in the phase where they want more control of their own world and get angry when anyone tries to help them. Crying can also mean anxiety of trying something new. We are all a little nervous when we attempt a new skill. Then, as our skill begins to increase and it can meet the challenges at hand, we begin to enjoy the experience. My goal is to set every child up for success as often as possible throughout lessons so that they can build confidence as quickly as possible. In most cases, the emotion will reduce within the first couple weeks. As the parent, you are the best cheerleader your child could ask for. You are encouraged to be poolside. I will try to give you cues as to good times to praise your child throughout the lesson. If you feel it would be better for your child, then you are welcome to watch from a place where you can see but they cannot easily see you.

After the lesson, I will hand your child out of the pool, laying them on their left side. Please lay two of the towels down on the deck. I will place your child on top of them. Use the 3rd towel to cover and dry your child. Drying their head first will help them warm up more quickly. Allow them to lay there for a few minutes before getting up to help release any air that might be in their belly. The difference of being in the water can affect their equilibrium slightly. Above all else, please remember that I am here to answer any questions you may have. It may be difficult to talk at the pool because of the schedule, but if you will text, call, or email I will get back to you as soon as my schedule allows. I want you to be comfortable every step of the way. Your children will sense your emotions and we want them to become confident and enthusiastic. These are also my goals for you as my ISR parents.

If you wish to sign up for my REMIND service to stay updated on lesson information or weather cancellations, please text the message @isrforney to 81010 to join. You may also add spouse or anyone that might bring kids to lessons as well. Thank you again for choosing ISR. I hope you will be as amazed by our program as I am by my students on a daily basis.

Tiffani Andrews

Certified ISR Instructor

214-454-0588

t.andrews@infantswim.com

www.infantswimforney.com



@InfantSwimForney