



Mums and Bubs

Information for referring agencies

Mums and Bubs Swimming address the areas of child water safety, child development and parent/child bonding.

The 2015 National Drowning Report found that falls into water accounted for the vast majority of drowning deaths in the 0-4years age group (81%). Swimming pools were the leading location for drowning in this age group, accounting for over half (54%). One way of stopping more children becoming part of this statistic is to teach children to swim at an early age.

Mums and Bubs Swimming Lessons are staffed by swimming teachers who all have valid CPR qualifications and a PSFaNS early childhood worker whose role is to support parents and their interactions with their child. Classes are relaxed and fun and go for 30 minutes and made up of a small group of parents and babies. Parents are encouraged to hold their baby in a way that allows them to keep eye contact and to give their child praise to build confidence. Parents are supported to help their baby feel safe and secure. Activities are based around nursery rhymes and song, for example, blowing bubbles to song, moving in the water to wheels on the bus, submerging to humpty dumpty when he falls off the wall, twinkle twinkle little star, how I wonder what you are, Like a starfish in the sky, watch as (child's name) goes floating by.

Benefits of Mums and Bubs Swimming lessons:

- Increased attachment between parent and child – it is a strong bonding experience and provides great opportunities for skin-to-skin contact
- Parent and bub have fun together, away from the pressures and distractions of life at home
- Teaching children to swim and become familiar with water could potentially save their lives
- Children who have swimming lessons realise how to become safer around water, because they begin to understand the difference between deep and shallow water and they are less likely to go into threatening situations
- Supports coordination of motor movement
- Beginnings of following instructions, language development, improving cognitive skills