



Develop, Learn & Explore!

Discover water 'dancing' and so much more

Your growing baby is amazing! In the womb, their senses are being formed so they have the healthy foundations to help them survive the big world they are about to be born into.

From the moment they are born their survival instincts kick in.

Did you know that they can...?

- Smell breast milk and creep along mummy's tummy to find it.
- Feel noise, as sounds vibrate through your voice, they pick up your natural rhythms.
- Regulate their inner senses, emotions and breathing through their sense of touch.
- Interpret your emotions from your tone of voice, body language like facial expressions and body tensions.

In the pool think of having a "little dance" with your child.

Taking little steps in time with each other, find your own rhythm.

If you suddenly feel a little out of control, you're going to step out of time, you might even be in a spin,

SLOW DOWN. Find that sense of rhythm again.

The pool is the perfect place to dance with your child, to be free from modern distractions, to forge strong bonds with your child.



Sharing your child's interests in the pool, allowing them to play and discover new skills, watching their personality grow, marvelling in their joy, will forge strong relationships. **This is Aqua Sensory.**

The perfect recipe for the developing child.



Our top tips for a great session today.

1. Allow your child to soak up the sights and sounds in the pool.
2. Spend a little time watching them, look at their face, feel how their body feels next to you today.
3. Help them to regulate and discover their own feelings as they experience them.
4. Your sense of touch and how you hold them should not be too gentle or too firm.
5. Allow your child to be curious. Water is so responsive, tap it and it can splash back, blow it and make bubbles and it will make a noise.
6. Ask yourself, what interests your child? Follow their lead, watch their eyes, can they point, can they tell you what they enjoy?
7. Allow them to play in the pool, the more they play the more they will learn.
8. Observe and respect them for who they are.
9. Don't judge or put pressure on them as if you want them to perform that skill.
10. Marvel at their joy, this is their world and their chance to discover and develop the sense of who they are.