



Develop, Learn & Explore!

Time to relax and connect with your baby

In our busy world, and as a new parent it is easy for us to get tired and switch off our inner thoughts and disconnect and lose the sense of who we are. Parenting is a period of change and adaptation.

We sometimes forget that the way we use our tone of voice or hold ourselves, our quality of eye contact or even the tension in our jaw, can all be communicating little cues to our child. Babies instinctively can tune into our moods and feelings. However, don't worry if you're not an expert in translating your baby's cues and needs, for us this translation process can take a little while longer. But in the long run, tuning in and having a responsive parenting style will make an amazing impact on your child's long-term health and wellbeing.

Have you ever heard the gas mask analogy?

"Put on your own mask before your child's!"

This might not be your natural instinct, to help yourself before you help your child. But it's important to remember that everyone has a limited energy resource and parenting is often tiring and hard work.

So be kind, remember to look after yourself, you're not being selfish!

Responsive parenting relies on our energy levels, and tiredness can often lead to our stress levels rising.

What better time is there than now?

It's time to reconnect to your inner child, take time out to enjoy the little things that make you happy.

Our body and mind connection

Our brains and bodies are connected through our senses; our sight, smell, hearing, taste, touch and movements. The body acts as a transmitter to our brain's inner processes.

It's amazing just how much our mental state is transmitted through our physical bodies.

How many times for example do we hold our breath or simply freeze when we are frightened?

Did you know that your baby can sense your feelings through how they are being held? Whether it's a nice confident secure hold, or a nervous and tense one.

Now let's take this thought into the pool.



Did you know that in the pool your emotions will be transmitted FASTER than if you were out of the pool?

This is because water is a transmitter of energy.

- ✓ Do you have an awareness of how you feel today?
- ✓ Are you feeling calm, happy, tired or a little stressed?
- ✓ Are you at ease in the pool, do you feel balanced and comfortable?
- ✓ Take a moment to familiarise yourself with the pool environment, the sights, smells and sounds.
- ✓ Take a deep breath in, feel how your heartbeat is today, is it fast or slow?
- ✓ Feel the pool floor, feel how your child feels next to you.
- ✓ Take a moment to hold your child, to look at them, give them a hug and a kiss.

Enjoy the beauty of water, the connections it can bring, the connections you make with your child and yourself. This is Aqua Sensory! It's the perfect recipe for the developing child.

