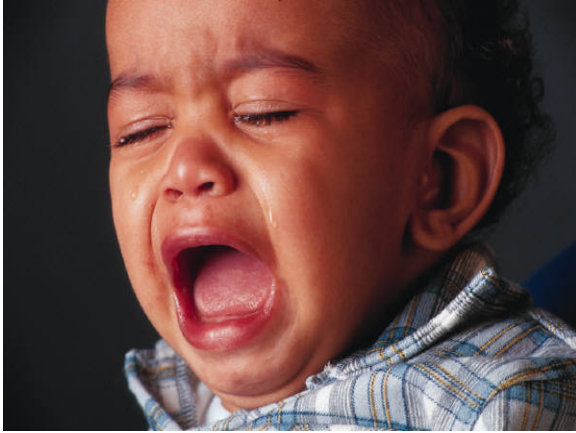


Crying During Swim Class



It's hard to know what to do when your child cries during the swim class. A part of you wants to go rescue him. But, another part of you wants him to tough it out and gain victory over this fear! You may feel embarrassed to have a child who is so unhappy and you are hopeful he doesn't disrupt the class too much.

Please be assured that a crying child in lessons is not uncommon around the swim school. The crying is a natural expression of his emotional discomfort due to immersion in the water or separation from you. We will actively combat your child's discomfort because his emotional comfort is necessary for him to acquire new swim skills.

Hand Your Child To The Teacher

If your child is fussing prior to swim lessons, walk your child out on deck and hand him over to the teacher. Then calmly walk back to the viewing room with a pleasant expression on your face. Never make a teacher chase your child or tear your child off your leg, because this will make your child fight to protect himself. By handing your child over to the teacher, you are telling your child that you trust the teacher. That vote of confidence will help the teacher to more quickly win your child over.

Hide In Plain Sight

If your crying child continually looks at you and calls to you in the viewing room, break eye contact with him. This can easily be accomplished by looking at a magazine or book every time he looks at you. By breaking eye contact with your child during lessons, you will accelerate his dependency and bonding with the teacher. Feel free to take a peek at your child every once in a while when he's not looking at you. Keep a pleasant expression on your face to show that you feel there's no reason for alarm. We prefer that you not hide from your child or disappear from the viewing room. This can sometimes increase the child's discomfort as he begins to worry about where Mom or Dad went.

Piggy-Back Rides

Sometimes the teacher may place a crying child on her back while she teaches the rest of the class. This can be an effective tool because your child will learn to depend on the teacher and feel more at ease with the teacher as time passes. Very often, this type of physical dependency is more effective than verbal reasoning with an upset child.

How Long Is Too Long?

How long is too long for your child to cry in swim lessons? On average, most crying swim students have stopped after the third lesson. At the very least you should notice that the crying is diminishing with each lesson. If not, it is possible that your child may need private lessons. Some children are much more comfortable with the undivided attention of a caring teacher. Feel free to discuss all your options with the Deck

