

# M&Ms in Lessons?



Did you ever wonder why Emler Swim School started using M&Ms in swim lessons? The relationship between Emler and M&Ms started many years ago, in 1975. And although our teaching techniques, facilities, and teachers have changed since our humble beginnings...the need for children to receive some type of positive reinforcement while learning has not changed!

As all education majors will tell you, positive reinforcement is the act of rewarding students for doing something correctly, thereby increasing the possibility that they will repeat that correct skill. Actually, Emler Swim School utilizes many different types of positive reinforcement. Look closely at our teachers and you'll see smiles, patting on backs, verbal praise, hugs, clapping, high fives, and prizes along with M&Ms in swim lessons.

OVER

On average, students in our younger classes who receive M&Ms, consume about seven of the chocolate candies per lesson.

Why does Emler use M&Ms instead of peanuts, raisins, Reeses Pieces, or Skittles? We have tried alternative snacks/candies in the past and found that they were more cumbersome to use than M&Ms. Peanuts, raisins, and Skittles required a long time for the children to chew before they disappeared. The students were not ready to take their next turn in lessons because they were still eating. Reeses Pieces melted at a lower temperature than M&Ms and squished into nothing when the children tried to grab one.

What can we do if your child is allergic to chocolate? We will be happy to replace the M&Ms with skittles (or some type of snack of your choosing) if your child has an allergy to M&Ms. Please contact your teacher or Deck Manager if your children require an M&M substitute.

