



SWIMMING

Swimming can help in a variety of ways to further a child's development and confidence.

This activity can also help with: -

- Planning and organising
- Structuring activities
- Preparing resources
- Gross motor and motor planning
- Core strength
- Body support
- Interaction and bonding opportunity
- Social and communication opportunities
- Promotes independence
- Safety awareness
- Confidence
- Understanding time concepts
- Having fun



Start by allowing the child to feel confident in the water and enjoying the activity. Gradually encourage and support your child to do more and to take responsibility for different aspects of the activity.



My notes:

