



## How Parents & Guardians Can Help

- Please do not bring any swim devices ('floaties', belt, lifejacket) or toys to swim camp. Our goal is to teach the swimmer what their body 'feels like' in the water and how to control their body in the water.
- Bring a towel for use following your swimmer's session and goggles if your child prefers.
- Limit anxiety by arriving 5-10 minutes before the session start time to sign in and get a name tag
- Be prepared – swimsuit (and swim diaper if needed) should be on, snack, water and restroom stop completed before your child's session start time
- Make sure to attend all 5 days of the program. Every day is important!
- Make sure the swimmer gets adequate rest during the week
- Parents or guardians may be asked to leave the viewing area if their presence is a distraction to the swimmer's ability to remain focused. Please don't take it personally as our shared goal is to help your swimmer reach their aquatic goals. If you know that your presence will be a distraction you may wish to stay out of sight and peek in periodically
- A parent/guardian should remain on site during the program in case of emergency and for personal care
- After the program week iCan Swim staff will provide you with a post camp strategy for your swimmer
- Do not introduce any new activities this week. Learning to swim takes a great deal of motor planning, focus and processing.

- Discuss rewards for swimming (immediate and long term). We encourage non-food related rewards.
- Celebrate! Every small goal toward learning to swim is important. Talk about each day's activities at home. Take photos and share them with friends and family and on our Facebook page. Bring family members on Friday to join in the celebration.