

Water Stimulation

By Lulu Cisneros

BABY SWIMMING can start once the umbilical cord has fallen. During the first two months, it is suggested to start in the family bathtub; then the lessons can be moved to Swimming School. Getting the baby into the water takes her back to the place where she was during gestation.

Early water stimulation programs are offered for babies from two months to three years old with their mother, father or a specialized teacher. This interaction contributes to the students' integral development, covering the baby's physical, social, emotional and intellectual areas. Swimming skills are developed through all early stimulation activities including kicking, breathing, strokes, buoyancy, submersion, diving and swimming. Water is a rich environment, full of opportunities for a baby who is eager for new experiences. The baby is gently introduced to the water, so that she is not rushed. The parents' presence provides assurance and affectionate bonding. Early stimulation initiates a feeling of unrestrained body self-development and self-confidence, achieving autonomy and self-control of their body. It also allows parents to discover the

development potential in their babies, besides helping them grow.

Why is it so important to teach babies?

- Babies younger than one year accept water easier, since it reminds them the environment where they were growing during pregnancy.
- Fear to water is usually acquired. The more

distant the baby is kept from the water, the easier it is to develop this fear.

Fear can also be attributed to hearing constant statements such as: Don't get close to the water! Be careful with the swimming pool!

- Babies are prepared to swim; their reflexes allow them to keep their breath and not swallow water as well as perform natural swimming movements.
- The baby's psychomotor development is enhanced; they can exercise the muscles more in the water since there is less resistance to gravity.
- Swimming increases cardiovascular capacity.
- When starting at early ages it makes learning swimming skills easier.
- Warm water together with soft exercise relaxes the muscular system so babies usually eat and sleep better after the class.
- Doctors recommend swimming for asthmatics and for babies with special educational needs.

Learning how to swim is not only a healthy and fun activity but it is also a good safety measure to prevent accidents in the water. Swimming is the only physical activity that can be practiced during all your life and all through the year! For more information on **summer swimming classes** call Lulu Cisneros at 8315-2163. Ages 3 months to 12 years old. Visit www.lulucisneros.com for more information.



Bioparque Estrella - Saturday, May 29th

This is going to be a fun family adventure! This park is a natural park for all ages to enjoy. It's a beautiful thing to go see. For more information about the park you can pull up www.bioparque.com.mx.

DETAILS: We'll be meeting at the Walmart parking lot on the corner of Garza Sada and Lazaro Cardenas at 9:00 am. Plan on leaving there no later than 9:15 if everyone arrives on time. The normal ticket price is \$105.00 pesos each for adults and children (under 3ft. tall enters free). There are group rates for 40 persons or more. We'll have to wait and see what kind of turn out we have before determining what that new rate will be. We will try to find some coupons for the park.

SUGGESTIONS: You may want to bring sun block, hat, and camera. Expect to have your bag inspected when entering the park. No food or drinks are allowed to be brought in the park. Of course they sell food and drinks there. You need to wear comfortable shoes because there is some walking involved.

ADDTL. INFORMATION: The park does offer annual passes if you're interested in purchasing them. Adult price is \$375.00 pesos and for kids \$285.00 pesos. You receive a 10% discount on food, birthday parties, camping that's near by, and you are allowed to have 2 free guest for the year. There is a night show if you're interested in seeing that.

We hope to see you there. Please **RSVP** to **Pamela Allen** at pamallen30@yahoo.com

