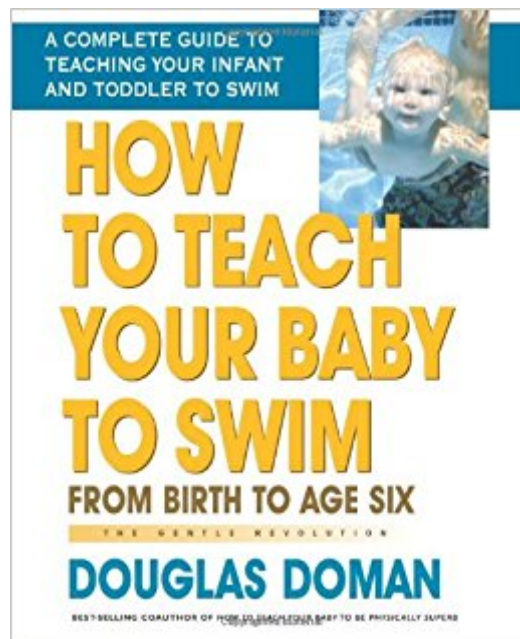




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# How To Teach Your Baby To Swim: From Birth To Age Six (The Gentle Revolution Series)



## Synopsis

Teaching an infant or toddler to swim is not only a matter of safety, but also a great way to stimulate physical coordination, concentration, and intelligence—all the while making your child happier, healthier, and more self-confident. Based on the revolutionary learning principles developed at The Institutes for the Achievement of Human Potential, *How To Teach Your Baby To Swim* pairs 160 photographs with detailed instructions for teaching your child to dive, float, and swim.

## Book Information

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## Customer Reviews

Douglas Doman is Vice President of The Institutes for the Achievement of Human Potential and the son of founder Glenn Doman. His early years working at The Institutes were spent establishing the School for Human Development for brain-injured young adults. He worked closely with Bruce Hagy to create the world's first Human Development Course, a circuit of physical activities that promote neurological organization and development.

Introduction Babies love to swim. They should have the opportunity to swim right from birth. In fact, swimming helps to stimulate brain growth and development at a critical time. Swimming also provides an excellent opportunity for the newborn baby to develop physically when it is difficult for him to move on land.

It is especially important for the newborn baby to have the opportunity to move in the first few days and weeks of life. When born the baby has the advantage of being light in weight but the disadvantage of being inexperienced in movement. If given the opportunity to move each day, the baby will gain much-needed experience, but will also gain weight. This makes his job more difficult. The newborn is in a race against time. The baby must gain mobility function before he gains too much weight. Swimming provides an ideal opportunity for the newborn to move in an environment where he will actually be buoyant and where baby fat will be advantageous rather than making life more difficult.

In truth the newborn has actually been "swimming" in utero for months. Swimming is one of the most sophisticated brain functions the baby has at birth. It is a fact that the brain literally grows by use. Swimming is one of many ways that we can provide sensory stimulation and opportunity that grow the brain. If we are smart about providing appropriate stimulation and opportunity, then teaching the baby will be a joyous process for mother and baby. It is common for the children we teach at The Institutes for the Achievement of Human Potential to be excellent swimmers, but they also excel in running, biking, gymnastics, and ballet by the time they are six years old. The sum of these activities is much greater than each alone. Since 1977 thousands of mothers have attended The Institutes How To Multiply Your Baby's Intelligence course. These mothers returned home to help their babies develop to very high levels of brain function. Our work with brain-injured and well children has supported what we know to be true: all babies are "water babies." The mission of The Institutes is to teach parents how to help their children reach high levels of physical, intellectual, and social ability.

The Institutes is a research and teaching organization. It is our responsibility to create new methods to develop the brain of both the brain-injured and well child, and teach those methods to parents. This book is part of that process. The baby will reap many benefits from learning to swim right from birth. He will develop better physical strength and coordination. These abilities will enhance the ability to crawl on the belly and to creep on hands and knees. Our babies are "floor babies" and they learn how to move against the force of gravity. It is truly a miracle in twelve months that the baby's brain which had very little information

about moving in gravity. It has developed intricate sensory and motor areas in such a short period of time. As a baby develops these mobility functions, breathing will become deeper, more regular, and more mature. This enhanced respiration helps the baby to be able to make sounds, which improves communication and overall language development. When the baby can move better, and breathe better, health also improves. When the baby is able to communicate better with mother and father, baby is happier and more content. These are all valuable "side effects" of learning to swim.

The newborn progresses, becomes more confident, and becomes a true "water baby." The baby learns how to handle himself in the water. Ultimately the baby will be much safer in the water than other children who may be twice the age. An adventure has begun from the newborn's initial swim to the first walking steps. Along the way the baby will make a thousand mobility experiments to discover what to do and how to do it. Swimming is literally the springboard for this adventure and these discoveries.

The objective of this book is to teach mothers and fathers how to teach their baby not only to swim, but to adore swimming. By so doing, the baby will gain many other abilities that will serve him throughout life.

This book is an interesting story about the author's endeavors in teaching baby to swim, but I do not find it helpful for teaching my own baby how to swim. He gives directions about what to do, but baby hates it and there is no further advice! (Except for "baby will not hate it.") I recommend using the internet and/or local swim classes instead of buying this book.

This book was easy to read and understand. I found to be quite helpful and encouraging on teaching my newborn to get used to the water and learning how to hold her breath.

I love that this book covers so many different age groups. I recommend it to anyone who wants to read up on getting their child comfortable in the water.

I never thought I could be teaching my baby to swim. It totally works. Going to the pool with my 11 months old is the best part of the day. I got this book instead of the VERY expensive IRS training. It is not the same for sure, but it is better in so many different ways.

We've been following this method for 1 month now and I can't believe how fast my son has learned. I was nervous starting at one (since the book recommends starting at birth) but I am amazed at how quickly my son has learned. He propels himself through the water with assistance, blows bubbles, jumps in, can be fully submerged under water for 3-4 seconds at a time, and when I drop him under water 12-18" from the pool wall he can swim underwater, reach for the wall, pull himself up and rest--hanging on to the wall until I come and get him. This makes swimming not only lots of fun for us, but makes me feel that much more confident that He would be better prepared for a life threatening emergency

I attended a baby swimming class with my baby AND read this book for my first baby. With the second one, equipped with the knowledge and experience I decided to do it myself (ie without the professional class). Both kids have learned how to swim so I suppose the book was a good investment.

Good step-by-step techniques for bonding and early learning with an infant in the water, starting with the home bathtub. Continues instruction up to and including actual swimming techniques for older children who have become comfortable with float and breath techniques in the pool.

My twin's swimming teachers seem to have read this book, as everything they do had been read personally beforehand!

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