

## September 22nd is the first day of Fall! Is Fall and Winter Swimming safe for my child?

When the summer months leave, and the temperatures start dropping, people will often make the mistake to put their child's swimming lessons on hold until it gets warmer.

At Lifestyle Swimming Instruction we keep our pool at 86 degrees. This environment is warmer than it will be outside, and will be a safe and enjoyable place to be as it gets colder outside.

**Keeping children physically active in the fall and winter months will increase endorphins, boost immune systems, increase mood, help with structure and consistency with sleep schedules and eating schedules, and will give them an indoor activity to look forward to during the colder months.**

**It's important to remember that swimming is a life skill that should be taught to all children.** Taking extended seasonal breaks can set a child back, and in today's world of available equipment it is actually unnecessary. In fact, a key factor of how children (and adults!) learn is through repetition. Breaking the pattern of repetition may have them repeating levels that they previously passed, or losing skills or confidence. You can ask any adult that their parent took them out of swimming or never did swimming lessons and how they wish they had kept them in, so they can enjoy knowing how to **"feel"** the water!

## Some common misconceptions about swimming in the colder months:

**MYTH:** My student will get a cold or ear infections from the outside cold air after their lessons.

**FACT:** Colds and ear infections are caused by germs and not from being wet during the winter. If colds and ear infections were caused by getting our heads wet, taking baths and showers would not happen once the colder months start. If having a wet head is a concern, make sure to bring warm clothing, and a beanie that covers their whole head, ears included.

**MYTH:** My baby isn't even walking yet, so I don't need to worry about water safety.

**FACT:** Babies are masters at moving around deftly (and sometimes silently) whether they are walking or not, and they're also very curious and inquisitive little beings who want to learn and investigate everything they see. Sometimes, that includes bodies of water. By starting babies early in swim lessons here at Lsi they will learn they do not enter the water without you and learn safety rules around any body of water. Teaching your little one how to swim at a very young age (yes, your baby can start taking swimming lessons before age 1!), you'll be giving them the tools they need should an accident happen in water...because seconds count.

**MYTH:** I don't let my child go swimming without me, so we're OK.

**FACT:** Accidents can happen near ANY body of water, whether or not you are nearby. Frozen ponds, canals, backyard pools that are covered, other bodies of water that children may be around during the winter that may be frozen over can be hazards that children need to know how to be safe around.