Survival Swim Lessons, why they are BEST!

What if your young child slipped away from you and got to a body of water without you? Would you know what to do? Would your child be able to save themselves from drowning, once they got into the water?

The reality is this scenario is all too common, even among the most vigilant parents.

DROWNING is the number 1 cause of death in children ages 1-4 years old.

Have you ever found your curious child with your makeup all over their face or the walls, or knee deep in the pots and pans in your kitchen? We all have these lapses in supervision and most of the time they are cute and harmless. But not when those lapses happen with water around. Not when drowning is so very fast and silent.

All it takes is 30 seconds!!

Supervision is a key layer of protection but your child knowing what to do if they end up in the water is also a critical layer for them and for you! 70% of preschoolers who drown do so with both parents present, so while supervision is important, it isn't enough by itself.

It's too easy for little ones to sneak away, even from watchful eyes. Your child needs to know what to do if they do get away from you and get to the water without you!

Before children reach the age of 6, most of them do not have the upper body strength or coordination skills to use traditional swim strokes to save themselves, if they were ever to wander to the water by themselves and get in it.

Traditional swim lessons are not the best for kids under the age of 6, because they do not teach survival skills that younger children are able to use to save themselves. They teach skills that are too advanced for young children to use successfully to survive if they need to.

Survival swim lessons teach young children, in a developmentally appropriate way, to save themselves if they ever find themselves in a water emergency.

THEY TEACH KIDS TO:

Hold their breath under the water.

Roll over onto their backs to float, breathe and call for help.

Alternate rolling onto their backs to breathe with rolling back onto their stomachs to propel themselves through the water (often by kicking), and then rolling onto their backs to breathe again.

How to locate and grab onto the side of the pool-steps and ladder.

How to get themselves to an exit to the pool.

How to get themselves out of the pool, once an exit has been reached.

Kids will learn how to master these skills both in swim suits and in their daily clothes and shoes. Why? Because most drowning accidents happen during non-swim times and clothes and diapers can add as much as 20 pounds to a child's weight in the water!!

If your child is as young as 7 months old and can sit up well on their own, they are ready to start learning to save themselves!

All children ages 7 months to 6 years old will develop the skills they need to be safer around the water by learning survival swim!!

To find a quality and qualified instructor, please visit:

https://judahbrownproject.org/survival-swim-school-websites/

Type in your zip code on either of these pages and find the instructor nearest you!

We know these lessons may not be financially accessible for all families. If you need help with the cost, Judah Brown Project wants to help you! Visit:

JudahBrownProject.org

Fill out our scholarship form and we will be glad to help in any way we can!

If you have trouble locating an instructor in your area or have any questions, contact Christi at Christi@JudahBrownProject.org

Help us help YOU keep your little ones safe while in and around the water! Sign up for life-saving survival swim lessons!!!