

ISR Lesson Quick Sheet

Be Prepared for Each Lesson

- Bring Three Clean Towels (One for the child, two for the pool deck)
- If your child is not potty trained, bring two Swim Diapers (**Non-Disposable**)
- Know the BUDS for the day (Bowel Movements, Urination, Diet, Sleep)
- Note any signs of illness or recent injuries
- List medications taken in the last 24 hours
- Note how the child feels and acts between lessons
- Show excitement for each lesson

Foods to Avoid

Child should not eat these foods for the entire duration of lessons

- Apple (any form)
- Pineapple
- Papaya
- Peach
- Passion Fruit
- Celery
- Honey
- Spinach

***Do NOT feed your child any food or drink 1.5 hours prior to lessons and NO dairy 2 hours prior to lessons.**

During Each Lesson

- Your child will probably cry, which is completely age appropriate behavior in response to a new and challenging situation
- Your child looks to you for support, show your enthusiasm, even if your child is crying
- It is okay to give verbal praise when the instructor gives praise
- Show support with positive reactions , like smiling and clapping
- Avoid giving instructions

After Each Lesson

- The instructor will place your child on their left side on the two towels you placed on the deck to help release any stomach distention
- Use the third towel to dry them off and massage/pat their back
- Offer lots of encouragement to the child for their effort that day
- Please let me know if you have any questions/concerns or you are welcome to call or email me throughout the day

Please Keep In Mind

- If the instructor discovers anything before the lesson that raises a concern, they may decide to change the length or the pace of the lesson, or advise that your child does not have a lesson that day.
- Because lessons are individually tailored to your child, the focus during the lesson is more on your child's ability, accomplishment, and safety, rather than a set amount of time in the water.
- Flotation devices should never be used to play or practice swimming. These devices teach poor body mechanics and conflicts with what is being taught which may prevent your child from effectively using their skills if they fall into the water.
- Regardless of how well your child can swim, no child is ever "Drown Proof." Your child must be effectively supervised ANY TIME he or she is around water.