

ISSUE 51 | SEPT 2011

pakmag

number 1 for parents & kids | cairns

FREE
MAGAZINE

Holiday GUIDE



THE NEW curriculum

- Common parent concerns



WIN BCC Tickets!

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Cover photo courtesy of Cheeky Monkey Photography

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The importance of bonding from birth

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Story thanks to
Chris Dellit



water babies

A lot of new mums are still surprised when we tell them that Swim Australia recommends beginning swim lessons for your bub as early as 4 months! It might seem a bit young but there are social, emotional, physical and mental benefits that extend way past water safety.

Your newborn has just spent 9 months in amniotic fluid in your womb so it makes sense to continue exposing them to an environment that makes them feel safe. Water enhances a baby's development of movement and coordination providing sensory information not available on land.

And did you know that by 10 months a baby is becoming wary of unfamiliar people and places? By 18 months they have an imagination and can begin having bad dreams. You don't want your child to also develop a fear of water!

If you ask a mum in Australia why they go to swimming lessons, most will tell you its because they don't want their child to drown, which is an excellent and responsible reason. However, if you ask a mum from Sweden they will tell you that they know their child will be socially, emotionally, physically and mentally more advanced than those that do not! It's common knowledge in Sweden and now Swim Australia is conducting studies at Griffith University to confirm these benefits.

Of course, swim lessons do help prevent drownings (drowning is the number one killer of children under five and for every one that drowns three more are left with injuries requiring lifelong care) but introducing your child to a great aquatic education program will also expose them to the developmental benefits your child deserves.

Besides all of this, swimming lessons are just plain FUN and create a unique form of bonding and trust between child and parent.

Did I teach my own boys to swim? Well, I tried but as every parent knows it can be difficult to teach our own children in some skills and swimming is one of them.

If you have not been able to introduce your child to water this early it is very important that you attend a swim school that understands child development and its implications to swimming.

Chris Dellit has been teaching swimming for over 30 years and has just co-founded the **Little Snappers Swim School** in Smithfield.

Tips for choosing a swim school for your baby

MAKE SURE THE SCHOOL YOU ATTEND HAS THE FOLLOWING:

- Swim Australia registered swim school
- Warm and clean water (32-33 degrees will keep your baby warm)
- Covered and enclosed temperature controlled pool
- Small class sizes (max. 3-4)
- Specially qualified baby & toddler staff
- Lessons year round (children lose skills quickly if lessons stop)
- Knowledge of child development