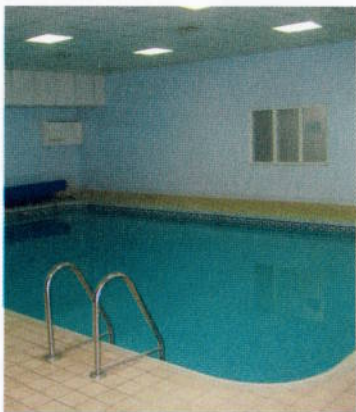


Start swimming young with Little Splashers

Little Splashers was set up by Market Harborough mum and keen swimmer, Jo Wilson, and offers parents the 'Birthlight' approach to baby swimming. This new unique technique is based upon yoga movements and encourages parents to relax and bond with their child in the water. The exercises start with a warm up song while parents move their babies round the water in different holds each week. Lots of toys, mirrors and puppets are used to get babies and toddlers to relax and form strokes and they are encouraged to chase



toys round the pool, enabling them to focus and form a kind of stroke as they attempt to reach the object. In addition, submersion techniques are taught and are built up over the course. Safety is, of course, vital and an important part of the class each week. Children as young as twelve months can jump off the side, turn themselves underwater and reach back to the side. Simple instructions are repeated each week to reinforce this move so it becomes second nature. With many reported drownings each year, "Teaching safety techniques is very reassuring to parents", Jo says.

The classes don't just answer a practical need. It can be a moving and emotional experience seeing your baby swim for the first time, a little like their first steps. It is also a great way to meet new people, exchange experiences and parental advice and get some exercise! Little Splashers has been runner up in "What's on 4 little ones" an award sponsored by Prima Baby and Pregnancy magazine and proves very popular with parents from Market Harborough and the surrounding area.

• **Lessons in the New Year are taking place in Corby, in a warm private pool, so for more information contact Jo on Tel: 07968 015292 or visit www.littlesplashers.co.uk.**