



#### Learning Outcomes

1. Supporting baby under the arms and encouraging baby to flop gently into the water from a sitting position on the poolside
2. Encouraging baby to move from a front position to a back position using flip-flop rhythmical movements
3. Encouraging baby to reach for a toy while moving around the pool, supporting baby on the front
4. Helping baby to use a kicking action to move through the water while supporting baby on the back
5. Using the safety hold to support baby and rolling baby away from you, then gently back towards you
6. Using a buoyancy aid to support yourself, float in the water and lay baby on your chest or have baby sit on your tummy, all the while making eye contact



#### Learning Outcomes

1. Supporting baby by the arms or hands to encourage movement into the pool from a sitting position
2. Using a forward hold to encourage and gently submerge baby
3. Using the Little Harbour hold to move around the pool while encouraging movement from baby
4. Encouraging baby to roll from a front position to a back position with support
5. Encouraging movement from baby by swiftly walking backwards while supporting baby on the back.
6. Assisting and encouraging baby to hold onto the poolside and climb out (if baby has the physical ability)