

Social Development

Dolphin Babies

During your time in Dolphin Babies there are a few developmental skills that your instructor is going to help you build with your swimmer. Social Development is important for young swimmers, it will help ease any anxiety about new faces, environments and help express feelings.

Zero to 12 months

While you may not have a talking infant, they are still communicating with you. While in the water you might see their attention focus to a floating object such as a ball. They may start to kick, letting you know to move towards that object so they can further discover it. Even though you may just be hearing sounds from your swimmer, talking to them and explaining what you are doing is helping develop their vocabulary.

12 months to 24 months

At this age there may be a few words or many words! During your time in the water they may start to say “ball” or “rings”. To help learn and grow their vocabulary you can say, “Let’s kick to the ball” or “Let’s go play with the rings”.

Holding your swimmer

You may be questioning why holding your swimmer matters. An important part of social development is also feeling secure and safe. By getting down in the water with your swimmer and holding them away from your body, your swimmer is learning about the water’s buoyancy, gaining a sense of independence all while still feeling secure in your hold.

****Pictures of holds coming soon!****