

# Getting Children & Infants Underwater Comfortably

Our **Rainbucket™** Patent Pending is a **swim teaching miracle tool!** It is designed for children of all ages but we have found that it works best for younger children under three years old. We have researched this system and designed the Rainbucket™ Patent Pending to hold just the right amount of water for getting children used to feeling the water on their skin and face. We all want children to get adjusted to water on their face in a happy and comfortable way

How you hold the child is important. If you have an infant, you may hold the child facing you. We recommend for children over one year old that you hold the child with their back to you. At that age, if you hold them from the front, they will be clinging for you. They will also try to take control. Holding them **from the back puts you in control.** But of course, do whatever is most comfortable and what works best for the individual child and their developmental level.

We recommend using **warm water** in the bathtub if possible. While using the Rainbucket™ Patent Pending, the teacher or parent should be continually talking to the child with encouraging words. Say, “You’re OK. Isn’t this fun? **Fun. Fun. Fun.** We love swimming, etc.” So first, **trickle water** across the back of the child’s neck by allowing it to flow through the small holes in the bottom of the Rainbucket™ Patent Pending.

Then, let it trickle on their head, their neck again and their shoulders. This will help the child get adjusted to the water. Take your time. Pour water over their head a few times. If the child does not like the water or they are afraid, just continue trickling the water while **saying encouraging things** to them.

## **Distress & Distract**

- The **Distress** is the New Experience of Water
- The **Distraction** is Your Comforting Voice

This system is called **Distress and Distract:**

1. **The distress is the water** on their face.
2. The **distraction is your comforting voice** and the actions that comfort them and make them happy

So, continue talking while putting water on the child. Tell them, “Give Me Five!” and show the thumbs up sign. These things distract the child. With this process, we are going step by step from a known situation to a related unknown.

Next, **trickle water across their head** and allow a small amount to run across their face. Remember to continue talking to the child saying, “You’re OK. You’re OK. It’s just a little water. Fun. Fun. Fun.” This way, they gradually get used to water on their face.

***Remember, to be professional, a swim instructor should have one of every teaching tool for every student in the class!***

Next, use our Patent Pending Circular Fun Mirror™. We use these in the pool and bathtub quite often as they **calm the child** or infant. Let the child see themselves in the mirror. Smile at the baby or child and continue the encouraging talking. Take your time with these steps. **There is no hurry.**

While the water from the Rainbucket™ Patent Pending is flowing over the child’s face, slowly take them **underwater** and bring them back up out of the water slowly. Using the Rainbucket™ Patent Pending, we are able to take the child underwater without choking. With our Rainbucket™ Patent Pending and the Fast and Fun Swim System, the **child does not choke!** If they do get choked underwater, psychologically, their fear will be increased to a great extent about going underwater in the future.

If the child is crying, continue trickling the water over the child. Do not stop. Continue encouraging them as you let the water go across their face. Each time, let more and **more water go across their face.** Once you get the child used to the water, holding their breath as they go underwater, they are not going to inhale as their face begins to submerge.

This is a great start on getting a child used to the water. We have more tips and helpful instructions that are available in the booklet that we include with the purchase of our Rainbucket™ Patent Pending kit.

### **More Rainbucket™ Patent Pending Ideas**

The Deluxe Rainbucket™ Patent Pending has hand indentations on the side so the parent can hold it securely. The parent may be in the bathtub or kneeling beside the bathtub. The Rainbucket™ Patent Pending come in great colors: blue, yellow, pink and red. Children like to look at the Rainbuckets™ Patent Pending and play with them. A great idea is if you have two Rainbuckets™ Patent Pending, you can use one and your child can hold the other one. The child in some ways wants to hold a

Rainbucket™ Patent Pending so they will be in control but then you use your Rainbucket™ to get them used to the water and you are really still in control!

We use this system with babies one month old up to 3 months up to three years old. At four years old, we have designed a different method of getting the child's face underwater. However, some swim schools use the Rainbucket™ Patent Pending for children of all ages.

## **NO CHOKING!**

In the last 15 years at Adventure Swim School since we developed the Rainbucket™, we have **not had one child choke** in our pool at all. Not one. Some instructors use blowing gently in the child's face before taking them under the water. From our experience, approximately 2 out of 10 children will choke with this method. When blowing in their face, they may take a big breath in causing them to intake water. A devastating time in a teacher's career is when a baby is choking. Parents look at you the teacher for help. We know the child will be alright but it is so much better to use the Rainbucket™ Patent Pending and **avoid this negative** experience for the child and the parent.

If a child is comfortable going underwater, they are a lot more **comfortable psychologically**. There is a subconscious message the child receives if they get choked a few times. This increases the chances that they will be fearful of the water. It is very important to help the child go underwater without choking.

The Rainbucket™ Patent Pending is a miracle tool. It is already being used by numerous swim schools around the world. You can easily adapt the Rainbucket™ Patent Pending to your swim program. Use it so your students get adjusted to water on their face and learn to go underwater in a happy and comfortable way.

By Ed Permberton

**We love comments!** Please email us with comments or questions at [allswim@yahoo.com](mailto:allswim@yahoo.com).

