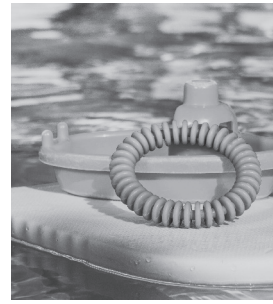


Parent & Tot

At-a-glance



The Lifesaving Society Parent & Tot program structures in-water interaction between parent and child to stress the importance of play in developing water-positive attitudes and skills. Activities and progressions are based on child development, so parents register in the level appropriate for their child's age. Targeted Water Smart® drowning prevention messages are an integral part of the Swim for Life® program. These messages are delivered in all Parent & Tot levels.

Parent & Tot 1 <i>(4–12 months)</i>	Parent & Tot 2 <i>(12–24 months)</i>	Parent & Tot 3 <i>(2–3 years)</i>
Entries and Exits		
1. Enter and exit the water safely with tot	1. Entry from sitting position (assisted) 2. Exit the water (assisted)	1. Jump entry (assisted) 2. Entry and submerge from sitting position (assisted) 3. Exit the water (unassisted)
Underwater Skills		
2. Readiness for submersion	3. Blow bubbles on and in water 4. Face wet and in water 5. Attempt to recover object below surface	4. Hold breath underwater (assisted) 5. Attempt to open eyes underwater 6. Attempt to recover object from bottom
Swim to Survive® Skills		
	6. Entry from sitting position wearing PFD and return (assisted)	7. Standing jump entry, return to edge (assisted) 8. Jump entry and float wearing PFD (assisted)
Movement / Swimming Skills		
3. Hold tot on front, eye contact 4. Hold tot on back, head and back support 5. Front float (face out) – assisted 6. Back float (assisted) 7. Float wearing PFD (assisted) 8. Arms: splashing, reaching, paddling, on front and back 9. Legs: tickling, splashing, kicking, on front and back	7. Front float (face in) – assisted 8. Back float (assisted) 9. Kicking on front and back (assisted) 10. Surface passes with continuous contact	9. Front and back “starfish” floats (assisted) 10. Front and back “pencil” floats (assisted) 11. Kicking on front and back (assisted) 12. Underwater passes
Water Smart® Education		
10. Water Smart messages: Within Arms’ Reach; Wear a Lifejacket; Swim to Survive	11. Water Smart messages: Within Arms’ Reach; Wear a Lifejacket; Swim to Survive	13. Water Smart messages: Within Arms’ Reach; Wear a Lifejacket; Swim to Survive