



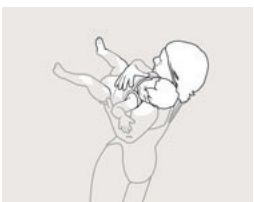







Table 1-1 Holding and Support Positions

Method	Best For ...	Positioning
<p>Face-to-Face</p> <p>Hug Position</p> 	<ul style="list-style-type: none"> • Water adjustment • Practicing kicking on the front 	<ul style="list-style-type: none"> • Have the child face you, rest his head on your shoulder and place his arms around your neck or on your shoulders. • You support the child's extended legs.
<p>Chin Support Position</p> 	<ul style="list-style-type: none"> • Practicing bubble blowing and kicking on the front 	<ul style="list-style-type: none"> • Hold the child under the upper chest and shoulders with your fingers and palms. • The child's chin rests on the heels of your palms.
<p>Hip Support on Front Position</p> 	<ul style="list-style-type: none"> • Water adjustment • Practicing the front glide, front float, bubble blowing, kicking on the front, kicking with the face down unsupported 	<ul style="list-style-type: none"> • Support the child in a face-down, horizontal position by placing your hands under the child's hips and abdomen. • The child's arms are nearly fully extended and rest on top of your arms.
<p>Shoulder Support Position on Front</p> 	<ul style="list-style-type: none"> • Water adjustment • Practicing kicking on the front, the front glide, bubble blowing, underwater exploration and rolling over 	<ul style="list-style-type: none"> • With your arms nearly extended, hold the child under the armpits.
<p>Back-to-Chest</p> <p>Cuddle Position</p> 	<ul style="list-style-type: none"> • Practicing the back float, back glide readiness, kicking on the back and rolling over 	<ul style="list-style-type: none"> • Have the child rest her head on your shoulder, with her cheek or the side of her head touching or right next to your cheek. • Place one hand on the child's back and the other on her chest. • Hold the child in a horizontal position with her legs extended away from you.

Continued on next page

Table 1-1 **Holding and Support Positions** (continued)

Method	Best For ...	Positioning
<p>Hip Support on Back Position</p> 	<ul style="list-style-type: none"> Practicing the back float, back glide readiness, kicking on the back 	<ul style="list-style-type: none"> Have the child rest the back of his head on your shoulder, with his cheek or the side of his head touching or right next to your cheek. Place your hands on the child's back to bring the body horizontal.
<p>Back Support Position</p> 	<ul style="list-style-type: none"> Practicing the back float, back glide readiness, kicking on the back when maximum freedom of movement is desired 	<ul style="list-style-type: none"> Support the base of the child's head near the neck with one hand and place the other hand in the middle of the child's back to lift and stabilize the body in a horizontal position. Tilt the child's head back, extend your arms and move backward slowly to help the child float.
<p>Arm Stroke Position</p> 	<ul style="list-style-type: none"> Exploring arm movements in the water 	<ul style="list-style-type: none"> Sit against the side of the pool or on the steps, or kneel on one knee in shallow water. Have the child sit on your knee, facing away from you. Circle the child's chest with one arm to keep him upright. With your other hand, hold the child's wrist from underneath and place your hand on top of the child's hand. Move the child's arm in a paddling motion. Alternatively, balance a more secure child on your knee and guide both arms in an alternating or simultaneous paddling motion.
<p>Side-to-Side</p> <p>Hip Straddle Position</p> 	<ul style="list-style-type: none"> Water adjustment Practicing bubble blowing, water entry and exit 	<ul style="list-style-type: none"> Have the child face you and straddle your hip. Support the child by placing your arm around the child's back and holding on to the child's upper thigh. Hold the child's hand with your other hand.
<p>Shoulder Support on the Side Position</p> 	<ul style="list-style-type: none"> Water adjustment Practicing bubble blowing, kicking on the front, front glide, front float, stroking, passing, combining skills 	<ul style="list-style-type: none"> Hold the child at one side by placing your hands on either side of his chest, under the armpits. Keep the child's head up. If more support is needed, encircle the child's chest with one arm, placing your palm on the child's chest. Place your other arm underneath the child for additional support.