

# Newborn swimming

Swimming is one of the first possible sports activities that can be offered to a child after birth and at the same time continue with him not only for a short time in childhood.

## Swimming by age

**Newborn swimming** can be practiced very shortly after birth, roughly **from 6 to 8 weeks** of age. So-called **bathing** is used for such small children. Bathing takes place with the lecturer and at home in your own bathtub with water at a temperature of 34–37 °C. Water is filled in the tub to the brim. If bathing suits the child, the temperature can be gradually reduced to 32 °C, by lowering the temperature we can then more easily move to the swimming pool for the swimming course with newborns or infants. It is recommended to start cooling the water in the bath from the beginning of the second month to the sixth month. From the sixth month, children can start swimming in the pool with a temperature of around 30 °C.

## Bathing progress

During **the first bathing, the assistance of an experienced instructor is required** and the following steps are performed:

1. We slowly submerge the child in the water while still holding the head and bottom.
2. When the child is satisfied, we start moving him in the ball position, where the child can relax in peace
3. Subsequent merging, diving, holding in the back and other possible bathing procedures must be seen by a professional instructor when practicing for the first time, in order to avoid possible dangers.

## The positives of bathing

Movement in the water is recommended for children who suffer from insomnia or tummy aches. Bathing or infant swimming courses will tire the child pleasantly and at the same time relieve pain.

## The positives of newborn swimming

**The main benefit is the correct psychomotor development of the child and subsequent strengthening of immunity.** At the same time, swimming also serves to strengthen the relationship between parent and child. Swimming can also improve posture or improve digestion. **It also improves the quality of sleep.**

## Places to swim with newborns

There are **special swimming clubs** for swimming with newborns, which are most suitable for children because of the gentler technology for water purification, the right temperature and the necessary hygiene. Special clubs are also equipped with the necessary facilities, such as a changing room, rest room or more spacious changing rooms. **Public swimming pools are not recommended.**

## Links

### Related Articles

- Newborn
- Infant
- Baby
- Puerperium

### References

- MALL.CZ BLOG, . *Poznejte klady a zápory plavání s miminkem* [online]. Internet Mall, a.s., ©2000. The last revision 2020, [cit. 2020-09-08]. <<https://blog.mall.cz/rodina/poznejte-klady-a-zapory-plavani-s-miminkem-994.html>>.
- MAMINKA.CZ, . *Plavat či neplavat s miminky? Přestěte si všechna pro a proti* [online]. Matějková Novák, Markéta, ©2016. The last revision 2020, [cit. 2020-09-08]. <<https://www.maminka.cz/clanek/plavat-ci-neplavat-s-miminky-precete-si-vsechna-pro-a-proti>>.
- EVA KIEDROŇOVÁ BABY CLUB KENNY, . *Proč plavat s kojenci?* [online]. Kiedroňová, Eva, ©2016. The last revision 2020, [cit. 2020-09-08]. <<https://evakiedronova.cz/proc-plavat-s-kojenci/>>.