



Baby Swimming (Meyer & Meyer Sport)

Lilli Ahrendt, Lill Ahrendt, Lilly Ahrendt

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A handbook for parents and course instructors on "baby swimming". It contains basic knowledge gained from practical experience as well as scientific findings on how babies can be encouraged and furthered in all senses from an early age through baby swimming. The specifically developed teaching concept, the Grip ABC, the "water-pouring" diving method and numerous ideas for movement and games are all presented here. The author also explores who can take part in baby swimming, how this course is run and what one must pay attention to when in the water with a baby. There is also critical discussion of the questions of why a child can be furthered in the water, why the element of water can rouse our bodies and senses in a special way, and why it is a good idea to get a baby used to the water.

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