



The Home-to-Pool Confidence Blueprint

The Shower Secret

Many kids who are hesitant to submerge have often only ever taken baths. Showers introduce the fun of "falling rain," which is the best way to practice breath control and sensory acclimation right at home!

The "Shower Hug": Nervous guppies love this! Hold them in your arms while you stand in the spray. Your hug is their "safety anchor" while they feel the water.

Pro-Tip: Start with 1–2 showers a week to keep it fun and stress-free!

Treasure Hunting

Sinking Fun

- 💧 Drop coins or rings in the tub. Start shallow and go deeper to encourage chin and nose dips!
- 💧 **Goggle Time:** Let them wear goggles to see the "underwater world" clearly and safely.

Bubble Games

Active Breath

- 💧 **Ping-Pong Races:** Blow a ball across the water to practice controlling that breath!
- 💧 **Hummingbird:** Hum a song underwater and have a parent guess the tune.

Listening to Mermaids

Help your child lay back to "listen to the mermaids" by getting their ears underwater. Getting used to that muffled sound is a **huge** win for pool-day confidence! Use a dry towel for an immediate "eye-dry" to keep them feeling in control.