

**Twelfth Printing!**

\$ 5.95

*"Highly recommended."*—*Psychological Record*

# How to Teach Your Baby to Swim

A photograph of a baby swimming in a pool, viewed from above. The baby is in the water, with their head and arms visible. The water is light blue, and there is some red coral or seaweed in the background.

Claire Timmermans

**THIS IS A BOOK FOR PARENTS WHO CARE**

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How would you like to relax at the pool or lake, knowing that your baby has already learned to swim, even if *you* haven't? Or even more important, if your toddler accidentally falls into the water, wouldn't it be comforting to know that he or she could confidently keep afloat?

Any baby, even a tiny infant, can learn to swim. Clair Timmermans (her own son Mark swam when he was only three days old) has been showing parents how to teach their babies to swim for more than a decade. In this her first book she shows you how you can do it for your baby. The step by step photographs of babies and parents in action, "Blowing Bubbles," "Jumping In," doing "Torpedoes" and "Floating," make crystal clear not only how to proceed, but what to expect from your child. The methods rely on your baby's natural trust in you, so the lessons become a happy experience in fun and growing confidence for both of you.

There are special instructions for older children (those between ten months and four years), as well as special methods for teaching blind and handicapped children to swim. In addition, Mrs. Timmermans gives a short, interesting history of child and infant swimming—in the mother's womb, in the Pacific Islands, and among the early Greeks and Romans. She shows that infant swimming need not be considered an incredible, impossible, revolutionary feat. It can, and should, be an everyday happening.

## ABOUT THE AUTHOR

Claire Timmermans, an Australian, is the world's most famous swimming instructor for babies and young children. The success of her methods has been reported in newspapers everywhere, including Russia. She is also featured in the film *Always a New Beginning*, which received an Oscar nomination.



# How to Teach Your Baby to Swim

CLAIRE TIMMERMANS



A SCARBOROUGH BOOK

STEIN AND DAY / *Publishers* / New York



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I wish to dedicate this book to my very first pupils, our daughter Andrea and son Mark, who taught me more than I could ever teach them, and to my husband Tim, whose constant encouragement inspired me to continue.



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