



Winter Ills and Chills – And Children’s Swimming

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Each winter as the temperatures drop and the rain comes down, I notice that some of my parents drop out of class “ as a precautionary measure,” or once baby has had a cold or two. I also notice that they usually return later in the year only to find that their babies still caught all the colds and flus that went around, but now have missed out on all the benefits of babyswimming and most often regressed in the process.

Benefits of Winter Swimming

Continuity – without a doubt, babies who swim right through winter have the greatest chance of reaching their full potential. Each age has its corresponding “ripeness” for acquiring new water skills that are easiest to attain at that specific time (e.g. Floating comes easiest from birth to 3 months, rolling from 3-6 months, etc...)

Physical Fitness – in my experience, most babies who swim tend to be healthier than their non-swimming counterparts. This has been confirmed by studies in Germany some years ago. Why is this so?

The deep breathing that we do helps to keep the lungs clear of accumulated mucous, reducing proneness to respiratory problems. Hence, swimming is the preferred exercise for asthmatics.