



ISR Kids, LLC
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INFANT SWIMMING RESOURCE

The finest aquatic survival instruction for children six months to six years of age.

Dear Prospective ISR Parent,

Thank you for requesting more information about **INFANT SWIMMING RESOURCE (ISR)**. You are about to discover why ISR is the most educational and effective survival swimming instruction program available. Feel free to call me with any additional questions or concerns about your child or the program.

WHAT IS ISR AND HOW IS IT DIFFERENT FROM OTHER SWIMMING PROGRAMS?

ISR is the product of over 40 years of on-going development in the area of aquatic survival for infants and children. ISR's primary focus is to teach your child to become a productive swimmer, or floater, in any depth of water. As a result of ISR instruction, your child will become an "aquatic problem solver." ISR will greatly increase your child's chance of surviving an aquatic accident, even fully clothed! Developed in 1966 by behavioral psychologist Dr. Harvey Barnett, ISR instructors have taught over 200,000 students nationwide.

IF MY CHILD IS UNDER A YEAR OLD, WHAT WILL HE/SHE BE ABLE TO LEARN?

Children between the ages of 6 to 12 months old are taught to roll over and maintain a float position in the event of an accidental fall into the water. Teaching your infant to float takes approximately 3-4 weeks. Private 10-minute lessons are held 5 days a week, Monday through Friday. Fully skilled infants can maintain a float in a bathing suit or in clothing. If you own a hot tub, pool, boat, or just enjoy the water, ISR highly recommends survival training when your infant begins to crawl.

IF MY CHILD IS OVER A YEAR OLD, WHAT WILL HE/SHE BE ABLE TO LEARN?

Children over the age of one year old are taught to swim with their faces in the water, and when they sense the need for air, to roll back to their back and float. After resting and catching their breath, they roll over and continue to swim to the nearest point of safety. A child can perform this swim-float-swim sequence to safely reach their point of entry into the water in a survival situation. Children can also perform this sequence in their clothes. If a child does not see a way out of his predicament, he will rollover on his back and maintain a float position. This buys the parent time in the event of an accident. This same sequence is most often used for fun at the pool! The confidence and self-esteem of these young swimmers is truly amazing! Teaching your 12-month to 4 year old will take approximately 5-7 weeks. Teaching your 5-6 year old will take approximately 4-6 weeks. Private 10-minute lessons are held 5 days a week, Monday through Friday. When fully skilled with the swim-float-swim sequence, older children can move directly into **STROKE WORK**.

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ARE SWIMMING LESSONS FOR INFANTS AND SMALL CHILDREN SAFE?

YES! No other swimming program currently available has the number of safety protocols required by ISR. Your child's health and well being is closely monitored on a daily basis. The ISR registration process is the first of many safety protocols.

All ISR instructors undergo the most rigorous training program of any swimming program available and are required to be re-certified **annually**. Your education in the area of aquatic safety for your entire family is an important part of the process. You will receive a copy of the 'Parent Resource Book,' written by Dr. Harvey Barnett, which covers every aspect of swimming for infants and children.

Consider these additional points:

- A child is never thrown into the pool.
- A child is never submerged for more than seven seconds.
- **ISR** instructors monitor your child for temperature and muscular fatigue, Hyponatremia (water intoxication), and psychological well being.
- Your child's daily routine outside of ISR lessons contains valuable information for your instructor. You will receive instruction at your parent orientation on how to monitor your child's routines.

After a little research, you will understand why ISR is the only program in the United States to be recognized by a Florida State agency to teach aquatic skills to infants and small children.

HOW ISR IS DIFFERENT FROM OTHER PROGRAMS?

Swimming is a social activity. Infants begin social learning shortly after birth. There is nothing social about falling into the water alone. When a young toddler falls, jumps or explores the water alone, he/she has only two choices. The baby must either help him/herself or wait underwater until someone finds them. The popular Parent/Tot water adjustment classes are *dangerous*. They encourage teaching babies to explore the water as a fun and loving playground. They encourage you to bond with your baby in the water. Is it a wonder why then a baby may be attracted to the water in search of the same pleasurable experience he/she had with a parent? Water is an unforgiving environment unless the child is skilled. Teaching a baby how to hold onto the wall or kick, kick, kick or blow bubbles (which teaches them the opposite of what they should be doing under water – holding their breath), etc., is not enough skills to solve an accidental fall into the water alone for self-rescue.

Swim Schools' and backyard-swimming instructors may claim that they can teach your baby to swim. Most of these instructors do not have any background in the physiological needs of an infant as needed to teach appropriate self-rescue skills. Most do not know what the signs are for monitoring *fatigue* in the lesson, and have little, if any, theoretical or hands on teaching experience when they were being trained, before teaching their own students. The curriculum for most of these programs/swim instructors focuses on small group or individual classes and use songs, games and fun to promote the idea of learning to swim while the children cheerfully participate. These activities have nothing to do with the retention of swimming skills when the young child falls in the water unexpectedly.

ISR students are taught step by step a behavioral chain, which in the end results in a sequential ability to utilize different routes to solve an aquatic problem. The instruction is presented to the student as a sensorimotor skill, which results in the integration and highest retention of movement behavior related to swimming and self-rescue. You must make a decision of which type of water skills your baby learns first, survival or fun? If your child ever finds him/herself alone in the water, the chances of survival will only be afforded by the skills that are retained from the instruction received. The tragedy of pediatric drownings that happens daily, and to usually very responsible parents, will not go away. But, you can take various measures to assure this does not happen to your baby. We urge you to have your child taught *competence first* and allow confidence to be developed by your

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child who is skilled, during water play. The ISR program focuses on the individual child. One on one attention addressing individual learning styles is the hallmark of instruction when teaching the very young water safety skills. This will continue to set us apart from other programs or instructors who attempt to work in the water with children under the age of four. We hope that you will join us!

Teach competence first. Confidence develops after your baby becomes skilled!!

WHY BABIES CRY DURING LESSONS.

Crying is a form of communication for the yet non-verbal infant or toddler who has a very limited vocabulary to express him/herself very quickly. When a baby cries during a lesson, it is important for you to understand that your baby will cry or complain until he/she becomes skilled in the water. Usually, crying indicates how the student feels about his/her present skill level. When your child knows how to swim and float to solve the problem of not being able to breath, and can demonstrate this well, then the crying behaviors will cease. You may observe a very skilled child taking a refresher lesson whom is still crying. This student has learned to cry as part of the lesson. Usually, the parent reports a very different child at home during water play; it is the lesson that the child views as difficult. Loud or increased crying usually indicates a newly enrolled student or that a new skill is being introduced into the child's aquatic behavioral chain. Most parents report that crying is the hardest obstacle to handle during ISR lessons. No one likes to see babies emotionally upset. The wonderful part of this program will be the time the cry turns into a smile. The best part though, is when your child becomes skilled as an aquatic problem solver, capable of saving him/herself from a probable drowning accident.

Water holds no natural signs of fear or danger to babies or young children. Trauma occurs if there is no way out of a given situation. Trauma does not take place in ISR lessons because the instructor first shows the student what is expected from them in a given skill by prompting each new behavior. As the student gains the ability to achieve success in a given skill, the instructor helps less and less until the responsibility becomes the child's to solve problems in the water. Trauma is more likely to occur to a child who falls into the water alone, who is unskilled and is helpless to respond appropriately. As you will read in the PARENT RESOURCE BOOK, your baby will respond positively, in time, if your emotions or reactions to the lessons are encouraging.

Other factors which are related to hearing babies or young children crying during lessons are: The child's personality, previous water bonding practices with the parents prior to lessons, stranger or separation anxiety and other "swimming lessons" that focused on fun before ISR lessons. Hunger, energy levels, teething, inappropriate foods in the diet etc., can greatly affect any particular lesson you may be observing.

LESSON PERIODS AND INSTRUCTIONAL GOALS.

We know from the data collected on over 100,000 previous ISR students that the highest retention of aquatic survival swimming skills transpires from a consistent, daily curriculum. An ISR student attends classes daily (Monday through Friday) until all appropriate skills are stabilized and learned. Each lesson is no longer than 10 minutes, which is followed as a protocol safety standard within the ISR system. Our instructional goals are as follows:

PHASE I: 6-11 months: Floating and rolling over onto the back to stabilize the position for immediate survival. Goal: To turn over and float unassisted before 7 seconds. (3-4 weeks)

PHASE II: 12-48 MONTHS: Swim-Float-Swim. All students experience several lessons floating/swimming while fully clothed in different outfits. Depending on the age of the child, initial

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learning from other programs, personality, and learning styles, this phase will take between 4 and 6 weeks. All children should have periodic maintenance lessons a few times during the year with an ISR instructor to ensure skills remain adjusted during periods of growth. Goal: To become an independent aquatic problem solver.

WHAT FURTHER LESSONS WILL MY CHILD NEED?

ISR recommends that you bring your child back for a refresher course; frequency depends on the child's age, growth rate, skill, and confidence level. This is to help your child adjust his new body size and weight to his existing skill level. More importantly, it will give your child a boost in self-confidence if he has not been swimming for a period of time. Your instructor will fine tune stroking skills and help your child feel productive in the water. ***While NO swimming program can make your child "drown proof," ISR lessons have a 94-100% retention rate up to one year.***

WHAT IS THE COST OF ISR LESSONS?

ISR lessons cost \$75.00 per week, payable weekly. The national registration fee is \$105.00 per child. For scheduling reservations please call me at (850) 212-5301.

You may access additional information from the ISR Kids, LLC website: www.ISRKids.com and our national website www.infantswim.com. This is a wonderful resource for you and your pediatrician.

I encourage you and your children to come and meet me and observe lessons in progress. Please call me so that I may tell you when you may watch a child who is close in age to your own. Once again, thank you for your interest.

I invite you to join caring parents nation-wide who have made the decision to give their children the finest aquatic survival skills in the world!

Sincerely,

Patty Thompson
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