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From pregnancy to pre-school, we're with you all the way!

**+20 PAGE PREGNANCY SECTION**

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# If it's Monday, it must be yoga!

These days, kicking a ball round a park just doesn't cut it when it comes to entertaining your child. So which of the weird and wonderful activities are really worth it?

**Y**ou've heard other mums mentioning Tumble Tots, Monkey Music and Water Babies, and you're pretty sure someone was talking about Baby Yoga the other day. But what should you be doing with your baby or child? You want a class that's going to provide entertainment, while also benefiting your little one both physically and emotionally. Here's our lowdown on the lot...

## Swimming

**Great for ages:**  
**newborn +**  
Companies such as Aqua Tots and Water Babies run special classes that capitalise on a baby's natural reflexes. These make your baby automatically hold his breath underwater so he's encouraged to swim under the surface. It may not be for you if you're scared of water yourself, but the emphasis is on fun and it's fab to watch. Don't try this at home though - you need to be taught how to help your baby swim safely. Many leisure pools now allow you to take babies swimming before they've had all their

jabs. Ask your health visitor or check at local pools. For more info, log on to [immunisation.org.uk](http://immunisation.org.uk).  
Swimming classes are often held in pools where the temperature of the water is slightly higher than

co-ordination and muscular development, too. Also, swimming tends to improve your baby's appetite and sleep because he'll be hungry and tired after class. It'll certainly improve yours!

### Find a class near you

Contact your local leisure centre about swimming classes, or for classes all over the UK, log on to [waterbabies.co.uk](http://waterbabies.co.uk) (01297 20757). For Birmingham to the south Gloucester region, log on to [aquatots.co.uk](http://aquatots.co.uk) (01684 296 296). Nine sessions cost around £95.



How long before the Olympics?

normal, as it has to be warm enough for young babies. If your child isn't potty-trained, put him in a swimming-nappy. You shouldn't take your child if he's unwell.

### What are the advantages?

Swimming builds his confidence in water and the freedom of movement is a great workout. It can help his