

Welcome



At Baby Buddies we give parents /guardians the skills and confidence to introduce their babies and pre-school children to the water. We create an environment with small classes where adults and children have time to focus on each other and increase their bond through physical/emotional contact and shared experiences.

We know when children feel happy, safe and supported they are ready to explore and learn. We provide opportunities where you can gently guide your little ones through a range of activities that promotes exploration, stimulates their senses and helps them flourish both in and out of the water. We use activities such as singing, play and movement to create a multi-sensory learning environment which supports physical, emotional, intellectual and social development. Perhaps more importantly it is great fun.

Our babies and toddlers learn through play. As they explore they use all their senses to discover and understand the world around them, the people in it and how their bodies work. The water gives a child a sense of freedom, it helps develop muscle strength, flexibility and balance. It gives them the opportunity to move freely and take on new challenges.

One of the best indicators that your child is thriving is their emotional happiness. At Baby Buddies we measure success with smiles, feelings of love and a sense of achievement rather than meeting standardised assessments and proficiency badges. We advocate giving each child the space and time to develop in their own way and enjoy just being in the water.

Their swimming journey is about to begin...

What does your baby/toddler need?

1. Swimming costume/shorts, swim nappy and neoprene nappy cover
2. Changing mat
3. Three towels: one for poolside and one for changing area and one for yourself
4. Shampoo, shower gel hairbrush and any other additional toiletries (avoid using talc with tiny babies)
5. Extra clothing, including a hat
6. Drink and snack.

What does parent /guardian need?

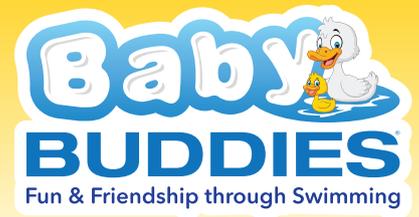
1. Swimming costume/shorts
2. Suitable footwear for poolside or changing area
3. Towel, changing robe or dressing gown as preferred
4. Toiletries
5. Money for locker



Please try to give yourself plenty of time so you arrive to the lesson calm and relaxed.

Remember you don't have to be perfect -just present in the moment. Ready to wait, watch, and be amazed as your child becomes an aquatic explorer and discovers the stepping stones foundations of water safety skills.

Meet Coach Pauline



Hello. My name is Pauline.

I am one of the coaches at Baby Buddies.



I cannot remember a time when I could not swim. It is a life skill that has enabled me to enjoy a variety of aquatic activities and share the fun with my own children.

I am now enjoying watching my grandchildren as they become the next generation of aqua explorers.

I enjoy the pool but my great love is the sea. I can often be found swimming from Newcastle Harbour, Co. Down.



My professional qualifications include the ASA Swimming Teacher Certificate, STA Baby & Preschool Swimming Teacher, and the STA L2 Pool Safety Award for Teachers. I am also a qualified PE Teacher and an Adult Education Tutor.

I have over 40 years' experience of teaching all ages and abilities in a variety of settings and I have loved it! One of my greatest professional achievements was to become a Certified Autism Swim Instructor for Swimming Buddies.



Swimming Buddies was established to offer water safety awareness and swimming skills to children with autism and other abilities. It quickly became an important part of the lives of our buddies, their families, and our coaches. We all benefit from the fun, friendship and support it provides.

I am in awe of what Swimming Buddies has achieved and am delighted to be asked to deliver our new Baby Buddies program. We are ready to go. We just need you to come and join us. We know it develops fun loving aqua explorers and helps keep our children safe.

We cannot wait to see you and our Buddies at the pool!

