

If You're Happy and You Know It

If you're happy and you know it, splash your hands,
If you're happy and you know it, splash your hands,
If you're happy and you know it, then you really ought to
show it,
If you're happy and you know it, splash your hands.

If you're happy and you know it, splash your feet.
If you're happy and you know it, splash your feet.
If you're happy and you know it, then you really ought to
show it.
If you're happy and you know it, splash your feet.

If you're happy and you know it, paddle your arms,
If you're happy and you know it, paddle your arms,
If you're happy and you know it, then you really ought to
show it,
If you're happy and you know it, paddle your arms.

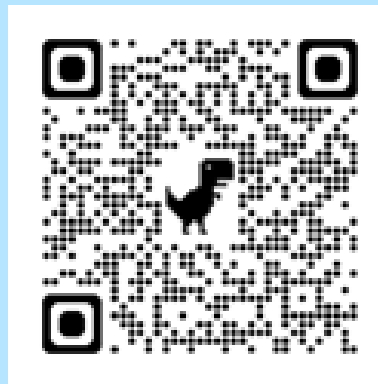
If you're happy and you know it, blow some bubbles,
If you're happy and you know it, blow some bubbles,
If you're happy and you know it, then you really ought to
show it,
If you're happy and you know it, blow some bubbles.



Skill gained from song

Enjoyment in water
Splashing water on face.
Movement in water
Learning Language about movement
ie: Paddles, Kicks, bubbles
Water confidence

What to do at home!



feet and hands



paddles

BREATH CONTROL AT HOME

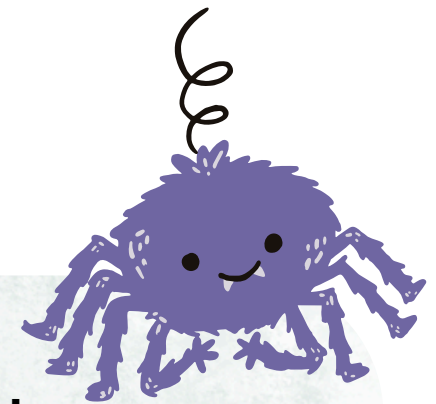


I'm A Little Teapot

**I'm a little teapot short and stout,
Here is my handle and here is my spout.**

**When I get all steamed up hear me shout,
Tip me over pour me out.**

These songs are an introduction to water over the head and face, and encourages closing the eyes, blinking and breath control.

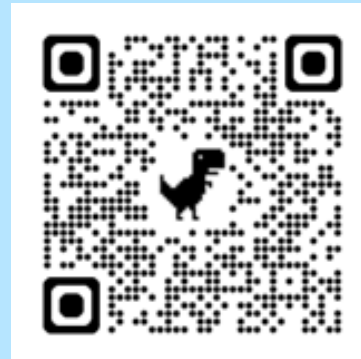


Incy Wincy Spider

**Incy wincy spider climbed up the waterspout,
Down came the rain and washed poor incy out.**

**Out came the sunshine and dried up all the
rain,
So incy wincy spider climbed up the spout
again.**

What to do at home!



Sing your song, cue
1,2,3

- **Close eyes**
- **Holding breath**

(Tip cup of water over the head)

FLOATING AT HOME



Twinkle, Twinkle, Little Star.

Twinkle, twinkle, little star,
How I wonder what you are.

Up above the world so high,
Like a diamond in the sky.

Twinkle, twinkle, little star,
How I wonder what you are.

These songs encourage
Floating and Balance
This can be practiced on
the floor or in the bath
stay **Calm and Relaxed**



What to do at home!



HOW: In a shallow/
half full/or full bath,
hold your infant in a
back floating position.
Arms, legs, ears
should be in the
water.

DO NOT FORCE



I Can Sing a Rainbow.

Red and yellow, pink and green,
Purple and orange and blue.

I can sing a rainbow,
sing a rainbow,
sing a rainbow too.
Listen with your eyes,
Listen with your eyes,
and sing everything you see.

I can sing a rainbow,
sing a rainbow,
sing a rainbow too.

ROLL OVER AT HOME



Sunday Song Time

This is the way we wash the dishes,
wash the dishes, wash the dishes,
this is the way we wash the dishes
early in the morning.



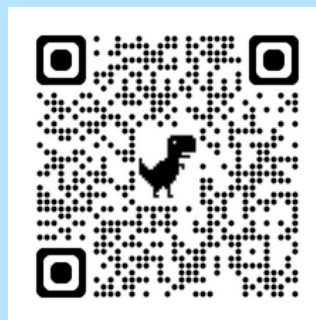
This song encourages the skill of rolling over to float.

This can be done on the floor or in a bath, infants may need help with the action.

DO NOT FORCE



What to do at home!



HOW: Do an action and roll over onto back on cue.

USE: “wash the dishes, dry the dishes, turn the dishes over” as the **cue** to roll over onto their back to float

ACCIDENTAL FALL IN AT HOME

Humpty Dumpty.

Humpty Dumpty sat on a wall,
Humpty Dumpty had a great fall

All the king's horses and all the
king's men,
Couldn't put Humpty together
again.



How: off the lounge or
bed, fall onto a cushion

Teaching: how to
recover from an
accidental fall in

What to do at home!



This song is practicing

- Accidental fall in
- Breath control
- Recovery



PROPULSION, WATER FAMILIARISATION and INTERACTION

Dingle Dangle Scarecrow.

**When all the cows were sleeping,
And the sun had gone to bed.**

**Up jumped the scarecrow,
And this is what he said.**

**I'm a dingle, dangle scarecrow,
With a flippy, floppy hat.**

**I can shake my hands like this,
I can shake my feet like that.**

**When all the hens were roosting,
And the moon behind a cloud.**

**Up jumped the scarecrow,
And shouted very loud.**

**I'm a dingle, dangle scarecrow,
With a flippy, floppy hat.**

**I can shake my hands like this,
I can shake my feet like that.**



What to do at home!



HOW:

- Lay down in floating position
- When scarecrow wakes, sit the infant up
- Splash or shake hands when the scarecrow shakes
 - Kick when the scarecrow shakes his feet

This song is used to develop

- Water play
- Word association
- Cueing
- Propulsion
- Actions that can increase infants survival after falling into water.