

# What to do if your Child Plateaus in Swimming Lessons



Children can often plateau when learning swimming, as with any skill, your child can get 'stuck' trying to master a specific area. Often this can be frustrating for the child and parents, especially when you are paying good money to be at swimming lessons. Here are our 3 tips on dealing with this situation;

1. **Don't panic** – although it is frustrating, it is important not to panic as plateauing can be a normal part of learning. Learning to swim relies on building technique through repetition. Sometimes the specific skill may be

harder for a child, therefore, we need to keep repeating the skill in order for them to master it. We often find altering the delivery of the skill helps the swimmer to understand it in a different way.

**2. Keep them motivated** – If your child does plateau it is important they do not lose motivation. Looking out for small progressions and praising them accordingly will help. Although the final mastering of the skill may be some time away, the swimmer will still be making small improvements, these mini-improvements, if picked up on can be vital to keeping up their motivation.

**3. Try not to set a time limit** – It is important to let the child master the skill in their own time. We do not want to put pressure on the swimmer by saying ‘they need to have moved up a level by next term’. As with any skill, children all learn swimming at different rates, often mastering different skills at different times. By understanding this we can help the child through the plateau and improve at their own pace.

We know plateauing can be hard but it can be a normal part of the learning process. If you feel your child is ‘stuck’ on a certain skill, we are always more than happy to discuss this at the pool. Please feel free to approach the office staff anytime you would like to talk about your child’s swimming.

