

## **Water baby Jamie First**

Babies as young as three months are now taking the plunge.

More parents are signing their babies up for swimming lessons.

Emma Henderson, owner of Emma's Babyswim in Ringwood, said lessons were important for young ones to have a greater chance of survival if they fall into water.

"Before my daughter's second birthday, she could jump in, swim, turn around and get out without any assistance," she said.

"Newborns have been in water for nine months in the womb, so it brings them back to that. They hold their breath underwater as a reflex."

Ms Henderson said educating parents was also critical.

"They need to learn techniques and be confident about handling their baby in the water."