

## GOGGLES

Seadragonz highly recommends goggles for swimmers. They provide clear vision when submerging and prevent any potential irritants to eyes. There is a range of goggle styles and sizes available for customer purchase from our reception area. It is important that the correct goggle is purchased for the comfort of the swimmers.

### ***Things to consider***

- Wide goggle – silicone skirt sits comfortably around the eyes and doesn't put pressure on the eye-sockets.
- Different sizes for different shaped faces.
- Quick fit rear-buckle system
- 180° field of vision

Babies up until the age of two years have a natural protective coating over their eyes which allow them to open their eyes under the water without any irritation. This often gives parents the false assurance that their child will never need to wear goggles as they submerge happily without goggles.

Around two years of age this coating starts to wear off, and children will be seen rubbing their eyes after submerging, or perhaps refusing to submerge when they were perfectly happy doing this skill before. Often, by this age your child wants to spend

more of their swimming lesson under the water than above it and this the time to purchase goggles.

### ***Getting toddlers to wear goggles?***

Unfortunately, the age of introducing goggles seems to hit at the height of toddler independence and mastery of that word – **NO!**

Would you like to wear goggles? – **NO!**

They are good – **NO!**

*Well if they are so good why aren't you wearing them? Good question!*

- The Number one tool is **modelling** – do as I do, not as I say. **Children will copy you.** Seadragonz recommend pairing goggles and making it a positive experience when wearing them – this may encourage toddlers to want to wear their own.
- Read a favourite book or do a favourite activity whilst wearing goggles. When the goggles come off the activity stops – make it fun, exciting and rewarding.
- Please take care that the goggles are put on gently – try not to pull the hair or squish your child's face!
- Try them out at home in the bath or shower. We often put a lot of pressure on our children to perform in front of others and they often sense this pressure and resist. By practicing in the comfort of your own home you take away a lot of this pressure and allow your toddler to get used to the new feeling of wearing goggles in a safe, loving environment.

- Persevere! How many parents thought their child would never wear a swimming cap and leave it on – yet this has become a non-issue. Eventually it will be a no hat, no goggles = no swim.