



Waterbabies Newsletter

Volume 9 Newsletter Date: May 28th 2010



Sign Up for Summer Classes!

Families swimming
in the Spring 2010
Session - Register
on June 5th at
6:30am

**NEW & RETURNING
Families - Register
on June 14th at
9:00am**

Summer Classes
start July 12th

[Click here to visit our
website](#)

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Have a Sun-Safe Summer!

Preventing Sunburn

The best way to protect your baby is to keep your baby out of direct sunlight as much as possible, especially between 10am and 4pm when the sun's rays are strongest. Routinely dress him in a hat, lightweight pants, and a long-sleeved shirt for outings during the middle of the day. Tightly woven clothing protects better than loosely woven fabrics (to see how tight the weave is, hold the fabric up to a light — the less light that shines through, the better). Add UV-protective sunglasses if your baby will wear them. Use an umbrella, stroller canopy, or sun-protective tent to protect your baby while he's outside.



It's better to keep your baby out of the sun altogether if you can. But when that's not possible, try choosing a "physical" or "chemical-free" sunscreen made with zinc oxide or titanium dioxide — look for one of those ingredients on the label.

Unlike chemical sunscreens, which may cause irritation or allergic reactions because the skin absorbs the active ingredients, zinc oxide and titanium dioxide sit on top of the skin, forming a barrier against the sun's rays. *(Continued on page 2)*

Instructor News

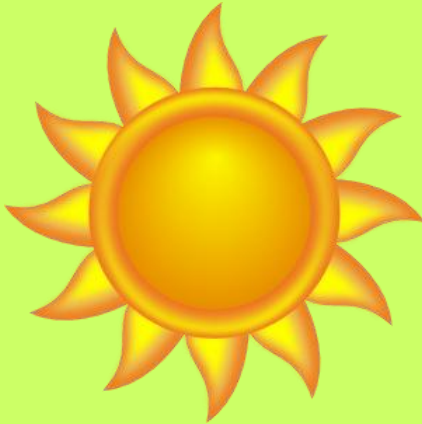
- Welcome new Parent-tot Instructor Sarah!
- Parent-tot Instructor, Kate will be leaving us after this Spring session. She will be moving to Arizona. We wish her the best!
- Parent-tot Instructor, Jocelyn will also be leaving us after this session to be able to focus more on school. We wish her luck!



Preventing Sunburn...

(Continued from page 1)

There's no evidence chemical sunscreens are dangerous or toxic, but we just don't know enough yet about how young children react to the ingredients. Also, sunscreens with zinc oxide or titanium dioxide start protecting as soon as you put them on, whereas chemical products need to be slathered on 30 minutes in advance so the skin has time to absorb them.



If you do use a chemical-based sunscreen, do a patch test first to make sure your child won't have a reaction to it. Apply a small amount to the inside of her upper arm. If she develops a rash or redness at the site by the next day, choose another formula instead. Also make sure any chemical sunscreen you use is labeled "PABA-free." PABA was once widely used in sunscreens but now has been linked with skin irritation.

You may have heard you should look for a "broad-spectrum" product that protects against both UVA and UVB rays. Any sunscreen that contains the physical blocker zinc oxide or titanium dioxide will do this.

The sun protection factor (SPF) should be at least 15, but you generally don't need to go above 30: Higher than that and you're getting smaller and smaller amounts of added protection — which, in a chemical sunscreen, means a higher dose of unwanted chemicals. It's fine to use a "children's" sunscreen, but don't go out of your way to buy one of these, since they're usually no different from the adult versions.

Treating mild sunburn

If the sunburn is mild, soak a cloth diaper or clean washcloth in cool water, wring it out, and gently place it on the sunburned area for ten to 15 minutes a few times a day (make sure your child doesn't get chilled). You could also bathe your baby in a mixture of cool water and baking soda to help cool the skin and reduce redness. Follow either treatment with a gentle application of water-based moisturizer. Also, give your baby plenty of fluids — breast milk, formula, or, for an older baby, water — to prevent dehydration.

If the sunburn is severe and the skin is blistering, which is a sign of a second-degree burn, call your pediatrician for specific recommendations. The doctor may prescribe topical steroid ointments or creams, an infant non-aspirin pain reliever, or draining and dressing of blisters.

Article adapted from www.babycenter.com article by the baby Center Medical Advisory Board & article by Patricia Treadwell, Pediatric Dermatologist.



Did You Take a Session Off?

Thanks to your feedback, Waterbabies is happy to announce a new policy that is a great opportunity for returning families!

Have you taken a break and want to get back into classes?

Are you unsure which level to sign up for since you've taken some time off?

Now you can sign up to do a 15-minute level assessment with one of our top Instructors. This will provide you with two things:

1. You will know the appropriate level class to sign your child up for - which will eliminate any doubts at the start of the session.
2. You will have opportunity to sign up during the Early Registration period—which starts on Saturday, June 5th @ 6:30am!

In order to qualify for this opportunity, you must meet these requirements:

- You must have previously swam in our Waterbabies Program for (2) consecutive sessions.
- You must pay a \$25 Level Assessment Fee.
- You must sign-up for and complete a Level Assessment.

If you meet the above qualifications and would like to sign-up for the Swim Assessment, please sign-up online or call the office as soon as possible! Assessments will be available:

Wednesday, June 2nd— 10am until 12pm

Friday, June 4th— 4pm until 6pm

Saturday, June 5th— 1pm until 3pm



Moms & Dads Wanted!

Love the Waterbabies Program? Interested in working part-time?

We are looking for individuals who want to become outstanding parent-tot and preschool swim instructors. This is a fun and rewarding position with paid training. Waterbabies places a high value on consistency in our instructors and therefore we are looking for individuals that will be with us long term. Join other Waterbabies moms that are now highly-skilled Instructors for an experience of a lifetime!

Wages are \$13 - \$15/hr after training. Positions open for days, evenings and/or weekends in the Eastside and South Everett/North Seattle Areas.

Please send your letter of interest and/or resume to Waterbabies via email to: ic@waterbabies.net or via fax to (425) 454-7826
Attention to: Sandy Karlek.



Summer Programming

We've decided to give our Instructors some extra time off this summer, so we will not be holding any Summer Swim Camps this year. If you would like to see them next year, please let us know!

Life Jackets



Rentals: Remember, when boating **everyone** needs Life Jackets. If you are only going to be on a boat once with your child and do not want to buy a Life Jacket, you can rent them from Waterbabies for \$10 per week. Please call to ensure availability (425) 643-3533.

Buy Back: Waterbabies also has a buy-back plan for your used Mustang Life Jackets. We will give you \$10 for a Mustang Life jacket that is in good condition.

Purchasing: When purchasing a Life Jacket, be sure to buy the correct type. Waterbabies recommends a **Type II Life Jacket**. They are made to right a child onto his back or keep them upright. For children, we **DO NOT** recommend a Type III Ski Vest jacket, as these will **NOT** right a child onto his back if they fall in face first.

Green Baby Tip

Disposable, Biodegradable or Cloth Diapers?

According to research baby will use approx 6,000 diapers before toilet training, and that disposable diapers take 200-500 years to decompose, making them not eco-friendly at all. But cloth diapers require water and energy for washing. Biodegradable diapers are made with plant-based plastics and are compostable. Biodegradable diapers do not break down in landfill conditions, there are options to compost them such as using a composting toilet or a conditioned composting area.

A diaper study concluded cloth diapers have only 53% the ecological footprint of disposable diapers. Cloth diapers seem to be the best option for a truly eco-friendly diaper. To further reduce the environmental impact of cloth diapers, wash the diapers by hand instead of in a washing machine or wash in an energy efficient machine and hang them to dry instead of using a dryer. Look for cloth diapers made from an eco-friendly material such as hemp, bamboo, or organic cotton.



More tips at <http://www.gogreenstreet.com>

Extra Swimming at First Street Fitness

In order for you and your child to get the most out of your swim program, Waterbabies asks that parents commit to practicing at least once per week outside of class. The more time you spend in the water with your child, the more relaxed you both will be during your lesson.

For additional pool access at the First Street pool, we have (3) options.

Please be advised of some changes to previous pricing.

(1.) ***Waterbabies Family Membership*** (Best Value)

- This rate is available to Waterbabies families only.
- **\$0 initiation**
- **\$29/month for (1) adult & (2) children.**(Second adult \$19/mo)
- Unlimited Family Swims
- Unlimited Gym Access
- No Contract

(2.) **Family Swim Day Pass**

- **\$7 for (1) adult & (2) children**
(\$7 each additional adult)

(3.) **Family Pool Pass Punch Card**

- **4 Family Swims for \$20**
- Family Passes good for
(1) adult & (2) children



Summer Schedule Changes



You may notice that the Summer Schedule is a little bit different than what you are used to.

There are a few reasons for this:

- We are trying to accommodate more families' summer vacations.
- We know more parents would like to come during the day over the summer, therefore we are adding additional daytime class options.
- Some of our Instructors have different summer-time availability. The usual days & times for some of them have changed. One instance of this, for example, is that Instructor Zee will not be teaching her usual Monday & Thursday classes at First Street Fitness during the Summer session, but will pick those back up in the Fall.

Look for the schedule to get back to normal in the Fall session.

Warm Water Pool Suggestions

Waterbabies would love to expand our classes to some additional new pools, providing our families with more convenient class locations.

If you know of any great **warm water** pools in your neighborhood, we welcome all suggestions! If we are able to secure a contract with your suggestion, you will be entered into a drawing to win \$200 OFF Waterbabies classes! Please email your suggestions to: info@waterbabies.net.



Waterbabies Song Lyrics

Have you been wondering what some of the lyrics are to songs that your instructor sings in class? Well, here are the words to one of them to help you out!

Wind the Bobbin Up

Wind the Bobbin Up, Wind the Bobbin Up
 Pull, Pull, Clap, Clap, Clap
 Wind the Bobbin Up, Wind the Bobbin Up
 Pull, Pull, Clap, Clap, Clap
 Point to the ceiling.
 Point to the floor.
 Point to the window.
 Point to the door.
 Wind the Bobbin Up, Wind the Bobbin Up
 Pull, Pull, Clap, Clap, Clap

Waterbabies Policies



- We do not offer make-ups for illness or vacation. In lieu of make-ups we offer (2) free Family Swim passes at First St Fitness (only) to be used during open swim times.
- Everyone under 5 years old (potty trained or not) needs to wear a cloth reusable swim diaper, no disposables. The swim diaper needs to fit snugly around the legs and waist.
- Sit, Listen & Wait: Please listen for your Instructor to call you over to sit on the side of the pool to prepare for doing Sit, Listen & Wait.