



SUB-AQUATIC BREAST-FEED

By teacher Fontanelli

Babies swimming, or better, babies hydrotherapy, is a single and natural activity, harmless and without impacts for babies' physical and emotional aspects, and I recommend such practicing as it is a self-stimulating activity,

and its performance since gestation period create an exciting behavior in high scales.

It's a good thing begin the babies swimming activities since the baby's former moments of life (cellular moments), because this is also an educational period where parents and baby start to know and discover the potentials of each other even better.

I invite you reader, at this first instant, to "dive" in the idea of going back to the mother's uterus. Babies after birth remember easily lots of facts, moments, and some of their parents feelings, as well as good or bad experienced facts they had inside or outside their "mother's world".

To swallow the amnion liquid for feeding, to suck, to capture sounds (mother's voice is identified and brings the child a security feeling), to touch the placenta and own body are common experiences for the baby while in the mother's belly. Sometimes, babies cry missing these moments, and in this case, for example, the mother is the only one who can comfort him.

Each generated, desired and beloved human being, always demonstrates its love through the warm fluid which hits him up. In his daily bath, or even in the swimming pool (at about 32°C; 33°C) and with the effective parents' – mainly mommies – participation (all "wrapped in the same uterus"), the baby return with a fantastic harmony and all his love for the "baby, water and parents" link. They turn into real swimmers and great "water drinkers" that rather stay immersed, or drinking the water, which is around him. Under this aspect, there is no need to be worried because the baby knows his limits, even better than the own adults, drinking sometimes almost 10% of its weight, bringing no harm.

Babies also taste constantly the water for its familiar taste to the amnion liquid, (in this specific case, the swimming pool is treated with salt). They repeat immersions without absolutely swallowing liquid and inhaling air, realizing a fake swallowing with eyes opened and lips closed or even opened.

This moment is translated into a great and pleasurable feeling for the baby while noticing, exploring and becoming involved in the activity. Inexperienced adults usually behave different than children in the water.

When an adult immerses himself, keeping a distance of about 2 meters from the immersed baby, he/she can hear a strong involuntary noise that comes from the baby's throat contraction (larynx and pharynx).

I have been searching for elements to justify the reader that babies aquatic world is something that does not scare the baby, the truth is that this world attracts him because the environment is not only a familiar fluid, but also the chemical fluid responsible for great part of the baby's essence, about

70% of its weight. For the correct realization of the sub-aquatic breast-feed, the mother and baby must follow some instructions and positions.

Firstly, the mother will begin standing in the vertical position with the feet on the ground and backwards to the swimming pool board. Then, with the baby very close to the mother's breast, lying in a lateral decubitus, and keeping one of the child's ear immersed, allowing the baby's mouth adjustment to the breast. Finally the baby starts sucking its mother breast.

After the former moments from the suction and accommodation, it is possible to notice attentively the baby's nostrils edges flared. Promoting at this exact moment the immersion, the baby will keep sucking and swallowing the liquid for feeding. Then, there must be coordination between the "coming-back-to-water" period and the next immersion period. It has to be repeated a lot of times between mother and baby, in a very smooth, slow and progressive way intending not to lose the attention in this process.

At the exact moment the baby starts sucking and swallowing its nostrils edges close, inhibiting the respiratory flow (survival instinct) and keeping the baby sucking and drinking the maternal milk with great intensity and without breathing.

Changing the posture from the horizontal to the vertical position can bring a better development of the jaws, lips and roof of the mouth.

Despite all the instructions, this event in the water is a personal moment for the baby, reminding him its recent past.

During the process, we may notice that sometimes the baby prefers not to suck or swallow, just keeping a physical contact and a somnolence state, and these periods after some time gets longer and longer.

I believe this is another moment when the baby show its respiratory resistance and self-confidence development.

To finish the myth around the process, I advice people who are not well trained or prepared not to try anything, avoiding frustrating results. I guarantee we can have excellent results with the breast-feed in the water environment through exercises in the babies swimming classes.

This sub-aquatic breast-feed activity is still faced in our society in a weird and cruel way, criticized by people who does not have experience with babies or have not made a good research about the subject, creating 'ghosts' and non-existent problems, what shows a lack of knowledge.

The fact of parents are concerned about their children is a common fact, as they are worried about child's fragile life. However, we must not forget the instincts, because insecurity does not stimulate or promote a reasonable effect for the adults, and consequently for the babies who easily assimilate adult's feelings.

When the protection instinct of the mother is strong, the techniques must be abandoned for some time and let the emotions flow.

Experiencing and maintaining a frequency in these activities, the mother will feel even more secure, relaxing and enjoying more time with her child. This self-confidence will be transmitted to the baby.

Parents also have to remember to keep the activity coordination to develop the mouth muscles and lungs (better use of the oxygen), as well as the diaphragm muscles (children can expel mucus easier in cases of illnesses, as there is an improvement in the muscles, avoiding inconvenient expenses).

It is not allowed the immersion if babies have catarrh, because it may help them to get internal otitis (people blame the swimming activity for being the responsible for the otitis, which is not true). Nevertheless, there is no reason for suspending the swimming practicing, because the exercises will help to finish the problem of the catarrh and avoid the internal otitis.

TO THE AUDACIOUS PARENTS AND PROFESSIONALS, HERE IS A WARNING:

Never ever start a new work without pediatric support and advice. Mommies and babies must always be among experient, updated and good professionals.

ALWAYS look for the best school and the best professional, avoiding troubles for the baby.