

Winter Comfort Tips

August 2023

Dear Early Childhood Customers,

We thought it would be an idea to check in with you following the change of seasons and, after experiencing a sudden drop in temperatures over the last couple of weeks thought it was timely to cover off a couple of 'top tips' and suggestions to make the transition of your babe from car to swim session and back to the car, more comfortable;

- Plenty of warm kit – woolly hats, hoodies and protective outer layers
- A couple of towels, a hooded towel for babe to lay on the change mat, along with one for yourselves. Many people choose adults sized hooded towels, no more coming untucked!
- A hat and dressing gown for you! Wrap yourself up warm while you dress your child.
- A fleecy blanket – this can be used to wrap around in transit and/or cover one half of babe while you dress the other.
- Start the dressing process with a hat and socks then dress the top half, attend to nappy and leg covers next.
- Remember – when choosing water attire for your babe/toddler LESS IS BEST! A swim nappy is all that is required and as our pool water is a balmy 32 degrees, swimsuits, one pieces, and rash vests will not add to the comfort of your child! These cool down very quickly when not in the water and can add angst to the changing process.
- Consider using an umbrella (fold down) stroller to get your babe and your gear to the pool. Space is at a premium poolside and push chairs must be stored away from exit/entry doors, fire exits and the change areas.
- While babe still fits in their transportable capsule, tuck them in tight, pack their gear in a carry bag and make the most of compact poolside storage.
- Consider a baby carrier/wrap/front pack for more hands-free time – a game changer while they are little.
- Pack your gear into a waterproof backpack, carry your child and protect yourselves with one of the fantastic choices of umbrellas designed for Wellington winters. No more dealing with assembling a pushchair on the pavement!

See you in the water!

The Easyswim Early Childhood Team