

The group lasts about 45 minutes. This includes:

- ❖ Settling in
- ❖ Greeting song
- ❖ Songs and action rhymes
- ❖ Water skills
- ❖ Farewell song
- ❖ Individual time & playing with the toys

You may leave the group at any time if you feel tamaiti is unwell or tired.

We hope you will enjoy your time with us and will continue to enjoy water play & swimming in your own time.

Please park in the physio pool car park or in on-street parking.

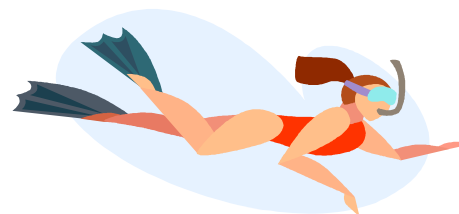
Your swimming group starts at:

Contact details:

Ratoka Whakawhanake Tamaiti
Child Development Service
Vera Hayward Centre
Fraser Building
Dunedin Hospital
Private Bag 1921

Phone: (03) 470 9377

Fax: (03) 470 9905



Ratoka Whakawhanake Tamaiti
Child Development Service
Vera Hayward Centre



Hydrotherapy Group (Otago)

Whānau Information

Introduction

The Swimming Group is held at the Otago Therapeutic Trust Pool every Friday of the school term.

There will be one or two groups held, depending on numbers.

The group is led by one of the team physiotherapists and a swim instructor.

Aims of the hydrotherapy group

- ❖ To support existing therapy programmes.
- ❖ To work towards specific goals for your tamaiti
- ❖ To suggest activities that whānau and tamariki can do during recreational swimming sessions

Please do not come to the pool if either of you:

- ❖ have had vomiting or diarrhoea in the last 72 hours.
- ❖ have an infective skin or scalp condition, (e.g. impetigo, lice).
- ❖ are running a temperature or are feeling generally unwell.

Who can attend?

- ❖ Tamariki attending the Child Development Service for developmental programmes who have movement based goals.

OR

- ❖ Tamariki in the NICU Development Follow-up Programme

Where

Otago Therapeutic Pool Trust Pool

(Physio pool) Fraser Building

Castle Street Entrance Dunedin Hospital

What to bring

- ❖ Swimming gear- togs & towels
- ❖ For pēpi and tamariki who are not yet toilet trained, 'Little swimmers' or similar.

- ❖ Drinks for both whānau and tamariki. The pool is very warm and dehydration can occur.
- ❖ Warm clothing for after group.

Benefits of hydrotherapy

- ❖ Swimming is a form of exercise so there are benefits for the whole body, including the heart, lungs and muscular systems.
- ❖ Exercise in the water can augment therapy programmes. We aim to support any therapy you are attending at the Vera Hayward Centre.
- ❖ Buoyancy allows tamariki who have difficulty moving on land to move more freely in the water.
- ❖ Tamariki learn early swimming skills.
- ❖ The hydrotherapy group is a chance to meet other whānau attending, or under the care of Ratoka Whakawhanake Tamaiti in a friendly, supportive atmosphere.