

Early Age Swimming and Intelligence

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Every parent wants their child to be successful.

Studies have shown that children who part take in swimming lessons start development in multiple areas sooner than others. These areas include speech, language, reading, writing, social interaction, and emotional maturity. Swimming at a young age helps the cognitive aspect of child development advancing in almost 10 months ahead of the normal population, setting the stage for academic success. Griffith University's studied that swimming lessons provide a language- rich environment for the children. Many parents of babies noticed the child said their first word sooner than a baby who had not participated in swimming lessons. Swimming instructors use phrases that help children absorb tenets of speech like prepositions and other useful topics like shapes, colors and numbers. Simply just hearing and observing the conversations throughout the lessons improves the child's language notably faster.

Not only do the children become mentally developed they also become socially and emotionally matured. The Griffith University research noted the young kids involved in swim lessons are on average 15 months ahead of the normal population in social and emotional development. These children understand direction better, which will allow them to easily adapt to school and help them become more comfortable interacting with adults and other peers. On top of all these beneficial skills these children also learn a healthy outlet to expend their energy and release frustration. Exercise is essential to helping the brain develop in memory and thinking skills. Swimming lessons will be beneficial to the growth and development of your child.

Children who learn how to swim at a young age are reaching many developmental milestones earlier than the norm.

Researchers from the Griffith Institute for Educational Research surveyed parents of 7000 under-fives from Australia, New Zealand and the US over three years.

A further 180 children aged 3, 4 and 5 years have been involved in intensive testing, making it the world's most comprehensive study into early-years swimming.

Lead researcher Professor Robyn Jorgensen says the study shows young children who participate in early-years swimming achieve a wide range of skills earlier than the normal population.

"Many of these skills are those that help young children into the transition into formal learning contexts such as pre-school or school. "The research also found significant differences between the swimming cohort and non-swimmers regardless of socio-economic background.

"While the two higher socio-economic groups performed better than the lower two in testing, the four SES groups all performed better than the normal population.

The researchers also found there were no gender differences between the research cohort and the normal population.

As well as achieving physical milestones faster, children also scored significantly better in visual-motor skills such as cutting paper, colouring in and drawing lines and shapes, and many mathematically-related tasks. Their oral expression was also better as well as in the general areas of literacy and numeracy.

"Many of these skills are highly valuable in other learning environments and will be of considerable benefit for young children as they transition into pre-schools and school."

Report: http://www.griffith.edu.au/_data/assets/pdf_file/0019/470251/early-year-swim-interim-report-2012.pdf