



# La Petite Baleen

## Little Fin Progress Report

**Novice or Toddler (at least 3 years old and in a class without a parent)  
working toward a Rainbow Ribbon**

**When you achieve each of these skills, you will receive a sticker  
to place in the corresponding circle.**

**No crying for 3 weeks in a row.**

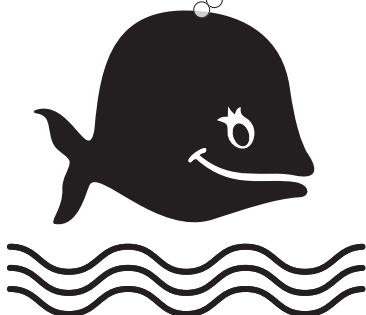
No  
Crying

**Make a balloon face above the water.**

Balloon  
Face

**Listen to and follow directions/wait your turn.**

Following  
Directions



# Little Fin Progress Report

## Novice or Toddler working toward a Rainbow Ribbon



The full list of achievements to earn the Rainbow Ribbon is as follows:

1. Not crying for 3 weeks in a row.
2. Becoming comfortable in the water.
3. Making a balloon face above the water.
4. Listening to and following directions/waiting turn.
5. Separating from parent or caregiver.



Here are some homework ideas for you and your child to help them earn their Rainbow Ribbon:

1. Sponge play or watering can play in the bathtub.
2. Balloon faces in the tub starting with placing just the chin in the water, then a closed mouth. Count or sing to a certain level. Add time, then add more difficulty (nose, eyes submerged).
3. Toys at the bottom of the shower.
4. Read Irene Kolbisen's book, "Wiggle-butts and Up-Faces: A Child's Primer for Beginner Swimming," with your child.

**\*\* Important: No Blowing Bubbles. We want the children to learn proper breath control.**