



By Lissette Rosado

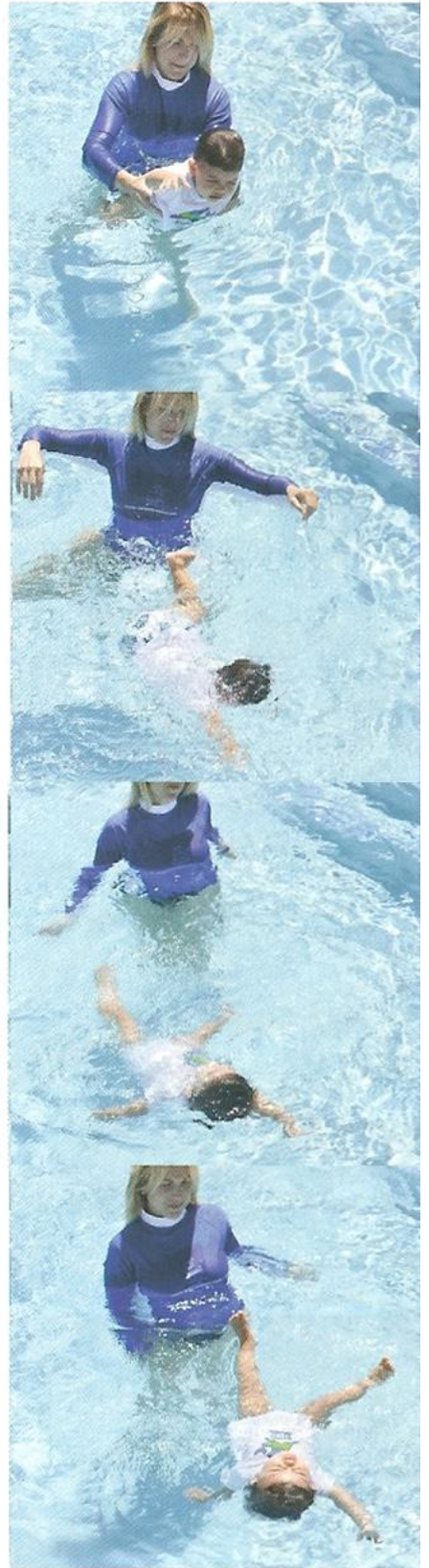
It's a matter of life and death

Jennifer Steininger went through the experience and luckily, her daughter is alive and well. "In my home we have several security measures; a magnet that weighs 300 lbs. at the door, a door alarm and a fence around the pool.

Unfortunately, that day everything failed. Even the most cautious person can go through something like this.

I found my little girl of 2 years floating, anoxic--almost lifeless in my pool. The rest I don't need to describe. The important thing is that Paula did not suffer any brain damage, did not aspirate any water, and survived. Immediately, both my children began Infant Swimming Resource's Self-Rescue lessons".

Now a day, Jennifer is a certified ISR instructor and lives passionate about her mission. "I promised then that, within what was humanly in my power, I will prevent another parent and another child from experiencing our nightmare. Not a day goes by that I do not see my daughter's face in the water. However, it is extremely rewarding every time I see a parent watches with happiness, as his/her child is in complete control of his body and able to enjoy the water, but more importantly, to survive in the water," she stated with emphasis.



***The sooner,
the safer!***

Infant Swimming Resource's Self-Rescue survival swimming program is a 5 to 8 weeks course, scheduled 5 days per week, Monday through Friday, for 10 minutes each day.

Lessons for a 6-12 month old focus on teaching the child to roll onto their back to float, rest and breathe, and to be able to maintain this life-saving position until help arrives.

Lessons for children 1-6 years old focus on teaching the swim-float-swim survival sequence. Children learn to swim with their head down; roll onto their back to float, rest, and breathe; and roll back over to resume swimming until they reach the side of the pool, where they can either crawl out or until they can be rescued. If you want to see some impressive videos visit: <http://www.youtube.com/watch?v=fwvv5IyPkXM> . It is impressive even when you know that a kid is being trained. Jennifer is going to be giving her services at Palmas and you can reach her at 787-477-5599. ▲