

Water, as well as other elements, us in its various forms fascinates . We are drawn to her and inspires in us respect. Life is associated from the beginning with water. The fetus develops in the water environment and the newborn is 75% composed of just water. aquatic homeostasis of the organism is very tightly regulated , water is essential food component . Water is also used for recreational purposes. but important to remember that water is not our natural environment in postnatal life of a newborn is not equipped with perfect swimming reflex such as in the offspring of other mammals, and even so it is necessary to early develop swimming skills to gain a sense of security and satisfaction in water. Feeling the water well and confidently move through is important for many reasons, but especially because of security - this is the reason most important. It is equally important aspect of health , swimming stimulates the development of physical activity is recommended techniques comprehensive rehabilitation care. Not only is swimming least traumatic sports activities, but has a considerable relaxing effect. Swimming gives a child a sense of security and safety , health and strengthens in adulthood is becoming a major recreational value positively influencing lifestyle .

Traditionalist model of care for the smallest , ie a newborn infants , does not count , except for hygienic operations with targeted physical activity in water. In layman , and I think to some degree in professional circles , there are controversial opinions on the movement of water activity early age. Both extreme views, both supporters and opponents of swimming, always evaluate the profit and meaningfulness of these activities for the healthy development of the child in confrontation with health risks. I believe , however, that a number of views is intuitive , is not entirely clear argumentovaných . Therefore, I want in my work focus on the evaluation of these aspects and formulation of recommendation

conclusion. The arguments put forward by experts published experience

6s long experience in the business and technology summary

measures which have a legislative basis in hygiene standards .