



I Save Lives Brittany Harris, Psychology, 2021

SERVICE

SUMMARY

I have trained over 75 hours in the water to be able to have the privilege of teaching these children. My goal is to teach children, aged 2 months to under 3 years, these essential skills: holding their breath under water, moving through the water (kicking, moving arms), and climbing out of the pool. My initial goal was to teach children how to swim, but I had no idea how much this experience would impact me on an emotional level. Now, one of my main goals is to show as much love and support as I can to the families that I teach. I am able to watch these children grow and learn in an environment they once feared, but are now able to flourish in. To be able to be involved in the lives of these children is a feeling I will never forget.



SPICES

Service:
In the state of Texas, drowning is the #1 cause for accidental death in children under the age of 5. In teaching these swim skills to young children, I am providing people with essential, life-saving knowledge.

HERBS

Resilience:
Working with small children is hard at times, and it's often easy to want to give up. However, my patience, resilience, and will allow me to keep persisting.

LEARNING OUTCOMES

In many ways, this experience has prepared me for a future career as a children's Cognitive Behavioral Therapist. I feel confident that I have what it takes to work with children in the sense that I am able to work in an environment which requires patience, level-headedness, and grace. I believe that I now understand children in ways that I haven't been able to before. I feel confident that working with children is what I want to do for the rest of my life.



IMPACT

The state of Texas leads the nation in the number of preschool children who drown in pools. With my extensive training, I am able to help bolster efforts in lowering child mortality rates across the United States. One more child in swimming lessons is one more child that is that much safer from drowning in their own backyard pool. With over 700 families enrolled in our program, and more locations throughout San Antonio, we are truly making a difference.

ADVICE

Children will help you grow in unexpected ways- they will change you for the better. Working with them will be one of the most rewarding & challenging things you'll ever do, and you must never give up!