



Parenting Tips: Children and Water

Drowning is the third leading cause of accidental death to children. Most drownings and near-drownings happen when a child accidentally falls into a pool or is left alone in the bathtub. It only takes a few seconds for a drowning to occur. Remembering some key points can prevent any such incident from happening.

Remove Potential Hazards:

- Empty mop buckets and containers with water. Toddlers could fall into them.
- Keep toilet lids shut and use child safety latches.
- Pay attention at all times while small children are in the bathtub.
- Don't let children dive into a body of water when the depth is unknown or less than 5 feet.
- Supervise children while they are in the pool.
- Go over water safety rules with your children.
- Enroll children in swimming class.

Summer Tips for Home Pools:

- Know your child's friends who have home pools.
- Don't leave toys in the water. Toys could lure a child back into the water when a parent is not present.
- If your child can't swim, make sure he or she wears a life jacket.
- Pool covers should be completely removed when the pool is in use.
- Enclose the pool with fencing which is child proofed.
- Take American Red Cross CPR and First Aid classes. Knowing these skills can be important.
- Maintain constant supervision.
- Be prepared for an emergency. Make sure proper safety equipment is located near the pool.
- Encourage safe practices. Don't assume young children will use good judgment and caution around water.

Your child's safety is important when they are in bodies of water like lakes, rivers and oceans.

- No one should ever swim alone. Always swim with a buddy.
- Know the path and strength of undercurrents in the oceans.
- Make sure your child is in deep enough water before they dive.
- Ensure that your child stays in the area designated for swimming and does not go past the buoy.
- Don't dive off piers.
- Operate water vehicles responsibly and insist the children wear flotation devices at all times.
- Never swim in a canal.
- Obey all "No Swimming" and other warning signs.

