



## 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.

