



# **Pool and Water Safety for Children**

## ***Pediatric Patient Education Handout***

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### **Tips to Keep Your Child Safe Around Water**

**Drowning is fast and silent and can happen in seconds. With close supervision and safety measures, most water injuries are preventable.**

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### **Active Supervision**

- Always provide touch supervision for infants and toddlers (within arm's reach)
  - Stay focused — no phones, alcohol, or distractions
  - Designate a “Water Watcher” when kids are swimming
  - Never assume another adult is watching
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### **Swimming & Skill Safety**

- Enroll children in age-appropriate swim lessons
  - Teach children to float on their back and reach the pool edge
  - Even strong swimmers still need supervision
  - Teens should never swim alone
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### **Pool Safety Rules**

- Install a 4-sided fence at least 4 feet high with a self-closing, self-latching gate
  - Keep doors and gates locked
  - Remove toys from the pool area when not in use
  - Use approved life jackets (not floaties) near open water
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## Infants & Toddlers

- Empty buckets, kiddie pools, and tubs immediately after use
  - Never leave a child alone in the bath — even for a moment
  - Toilet lids should be closed and secured if possible
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## Lakes, Rivers, & Beaches

- Always wear life jackets
  - Watch for currents, waves, and changing conditions
  - Avoid swimming in fast-moving or murky water
  - Teach kids to enter feet first unless the area is clearly marked safe
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## Pool Behavior Rules for Kids

- Walk, don't run
  - No diving in shallow water
  - No pushing or rough play
  - Ask permission before entering water
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## Be Prepared

- Learn CPR for infants and children
  - Keep rescue equipment nearby
  - Call 911 immediately in any drowning or near-drowning situation
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## Remember

- Drowning is often silent — no splashing or yelling
  - Most drownings happen during short lapses in supervision
  - Layers of protection save lives
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## Bottom Line

Water activities can be fun and safe when adults stay alert, barriers are in place, and children learn water skills early.

**If you have questions about swim readiness or safety, talk with your pediatric provider.**