



## 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.**