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UNIVERSITY OF MICHIGAN
HEALTH SYSTEM

Water safety:

How to keep your child safe around water

Supervision saves lives:

- Always watch your child while he is in or around water.
- Stand within arm's length of infants, toddlers, and weak swimmers.
- Enforce safety rules and do not allow running or pushing near the pool.

Make your environment safer:

- Swimming pools should be completely surrounded by a 4-foot fence.
- Know the depth of water and underwater hazards.
- Allow your child to swim in open water only if a lifeguard is present.
- Counsel your teen to avoid alcohol.
- Drain all containers of water once done using including:
 - Buckets
 - Wading pools
 - Bath tubs



Drowning is the second leading cause of death in children 1-19 years old. Children can drown in only a few inches of water even if they know how to swim.

Are swimming lessons helpful?

- We recommend lessons for most children 4 years or older.
- Classes may be helpful for children 1-4 years old if they are ready.
- **Even very good swimmers drown**, so always supervise your child.

Should my child wear a life jacket?

- Small children and non-swimmers should wear a life jacket when they are near water or in water.
- Your child **must** wear one when riding in a boat.
- Do not use inflatable toys in place of a life jacket.

Should I learn CPR?

- Yes. Anybody caring for children needs to learn CPR.