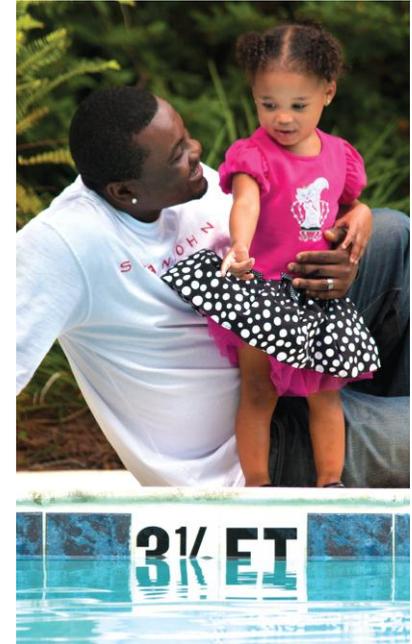


# Water Smart Parents



## It Can Happen to You

- Many parents who lost a child to drowning never thought their child was at risk

## Don't Pass the Buck

- Take ownership of your child's safety
- Know who is watching your children
- Do not put the responsibility on siblings or older children to supervise your children
- Do not think a lifeguard will watch your children like you do; a lifeguard has to watch every swimmer. You can give your child constant, close supervision.

## Be Vigilant About Doors

- Create a routine for everyone in the house, even visitors to shut and lock doors; check them frequently

## Do Not Multitask

- Supervising a toddler means your eyes are on them and they have your full attention
- Pool time is quality time with your child or children, not a time to text or return phone calls

## Have an Emergency Response Plan in Advance

- Plan what steps to take practice them, remove the child from the water, call 9-1-1, begin CPR

## Talk to your Children About Water Safety:

- ✓ **“Don't go near a pool without an adult.”** This is the most important water safety chat you can have with your child because it is so simple.
- ✓ **“If you see someone needing help in the water, do not go in the water after them. Run and get an adult”.**
- ✓ **“If you fall in a pool, reach for the wall, hold on, do not be afraid, yell for help, and if you can, climb out.”** Practice this with your child in the pool wearing a bathing suit, and also wearing clothing and shoes.



954.467.4700 x 5807  
[Watersmartbroward.org](http://Watersmartbroward.org)

**Some Choices Are  
Life Threatening**

**Protect Your Children  
Supervise  
Closely, Constantly**

# Toddlers & Water: A Deadly Attraction



Toddlers Love to Splash, Drizzle, Pour and Play in Water . . .

. . . Even if it is a

- Toilet
- Dog bowl
- Dishwasher
- Sink
- Bucket filled soapy water
- Rain water in a container

## Toddlers

- Are about Me-Mine-Now
- Have no fear
- Are very curious
- Able to think of things that are out of sight or reach
- Require patience & constant supervision
- Can wake up unexpectedly and quickly leave a safe area without being noticed

## Toddlers Are Also at Risk for Drowning

- The head of a toddler weighs more than the rest of their body, which makes them likely to topple over when they lean forward.
- They can drown in water as little as 2 inches
- They are quick and on the run

## Why do Toddlers Drown?

- **Lack of Proper Adult Supervision**
- **Easy Access to Water**
- **Parents, family members do not know how to respond in an emergency**
- **Parents assume barriers are working properly and effectively in place**



**Children who drown**

**do not**

**Scream, Splash or Struggle,  
They silently slip beneath the  
water,**

**Most often with a parent  
nearby**



Drowning occurs in as little as 2 minutes



Irreversible brain Damage occurs in as little as 4 minutes



Most children die who are under water for as little as 6 minutes