

# DROWNING IS SILENT

*There's no big long splash scene like in the movies.*



## NOTHING REPLACES CONSTANT SUPERVISION

*70% of preschoolers who drown are in the care of **ONE OR BOTH parents** at the time of drowning.\**

This is an underserved very important topic dear to our hearts. We want to inform and educate as many parents and caregivers so no one else experiences this tragedy.

**Drowning takes the lives of 3 children in the U.S. everyday.**

*Another 5 children will receive ER care due to non-fatal drowning accidents.*

\*Stats from [www.safekids.org](http://www.safekids.org)

## WATER WATCHER BADGE

I agree to supervise the children in the open water or pool, keeping them in sight at all times. I will not leave the water area without finding an adult to replace me.

*cut out laminate or create your own!*

## SAFEGUARD YOUR CHILD

It's not a lack of supervision, but a **LAPSE** of supervision that can put a child at risk.

Designate someone as a "Water Watcher" when swimming. Take 15 minute shifts.

### SIGN UP AND LEARN CPR.

Skill your child with the ability to roll on their back and float.

**PARENTSPREVENTING  
CHILDHOODDROWNING.COM**

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## PARENTS PREVENTING CHILDHOOD DROWNING



DROWNING IS THE LEADING CAUSE OF ACCIDENTAL DEATH OF CHILDREN AGES 1-4\*

*Help us change this statistic.*

**EDUCATE YOURSELF  
SHARE THE KNOWLEDGE**

*Cover photo compliments of [www.brookemayo.com](http://www.brookemayo.com)*

## POOL SAFETY

**NEVER LET YOUR CHILD HAVE ACCESS TO A POOL ALONE**

### Constant Supervision

Always be vigilant. Nothing is better than watching your child.

### Water Watcher

At all times, designate someone to be the water watcher.

### Fences

Install pool fences that enclose the pool and are 4-6 feet in height with self latching and self closing gates.

### Remove Temptation

Remove all pool toys when not in use and never leave furniture by the pool that may allow your child to climb over the fence.

**Learn CPR** Find a class online.

**Dog Doors** Remove all pet doors.



### Alarms & Locks

Install high locks and alarms on ALL doors and windows that lead to the pool. Additional alarm options include alarms for the pool surface and personal immersion alarms for your child.

### Check Pool First

Always check your pool first if your child is missing.

## BOATING SAFETY

[www.uscgboating.org](http://www.uscgboating.org)

Wear a Coast Guard approved life jacket around oceans, rivers, lakes, on a water craft and when participating in water sports.



**80% of children under 13 who drowned in boating accidents were not wearing life jackets. ALWAYS wear your jacket.**

Verify that the life jacket you purchased will float your child face up. **TEST IT.**

Ensure your boat has one life jacket of the correct size for each person on board.

## SWIM LESSON SAFETY

### Do Your Research

Select an effective swimming program that will teach your child to roll on to their back and float face up. Floating is a crucial life saving technique. Be cautious of programs that **ONLY** promote water acclimation. These may create a dangerous situation for your child. If your child loves the water but does not have the skills to save themselves then the risk of drowning increases. *Check your instructor's credentials and ensure their certifications are up to date and relevant for the technique they are teaching.*



**BEACH SAFETY** Check surf conditions before entering the water. Swim in a lifeguard protected area. Teach your child how to survive if caught in a rip current, do not panic, swim parallel to the shore until the current releases them, float if tired. Dress your child in bright colors.

