



Water Safety for Your School-age Child

Swimming and playing in water can give your child much pleasure and good exercise. But you must take steps to prevent your child from drowning:

- Teach your child to swim once he or she is ready (usually around 5 years old).
- Never let your child swim in any body of water without an adult watching.
- Be sure the adult watching your child knows how to swim, to get emergency help, and to perform CPR.
- Keep a life preserver and shepherd's hook in the pool area to help pull a child to the edge of the pool when necessary.
- Teach your child safety rules and make sure they are obeyed:
 - Never swim alone.
 - Never dive into water except when permitted by an adult who knows the depth of the water.
 - Always use a life vest when on a boat, fishing, or playing in a river or stream.
- Caution your child about the risks of drowning during the winter by falling through thin ice.
- Don't let young children and children who cannot swim use inflatable toys or mattresses in water that is above the waist.
- Watch children closely when they are playing near standing water, wells, open post holes, or irrigation or drainage ditches.

The information in this publication should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on the individual facts and circumstances.



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