



**Texas Children's  
Hospital**

Center for Childhood  
Injury Prevention

# Water Safety Tips

Everything you need to know to keep your kids safe in and around water.

Whether you're bathing your baby in the sink or splashing around with your toddler in the tub, water is great fun for kids. Or, whether it's a trip to the beach or a dip in the pool, you want to ensure that swimming is as safe as it is fun. Be sure that safety comes first around the water. Follow these tips to enjoy your time in and around water.

## Never Leave Your Kids Alone in or Around Water-Active Supervision is Key

- Never leave your child unattended around water. Active supervision is important. Give them your undivided attention. Babies and small children can drown in as little as one inch of water.
- Put your cell phone away and forget about all the other things you need to do.
- When using portable/wading pools, tubs, buckets and containers, always empty them immediately after each use. Store them upside down and out of children's reach.



## Close Lids and Doors

- Keep toilet lids closed and use toilet seat locks to prevent drowning.
- Keep doors to bathrooms and laundry rooms closed.



## Learn CPR

- You have a million things to do, but learning CPR should be on the top of your list. It will give you peace of mind-and the more peace of mind you have as a parent, the better.

## Educate Your Kids about Swimming Safely

- Every child is different, so enroll them in swimming lessons when you feel they are ready.
- Make sure kids swim only in areas designated for swimming. Teach them that swimming in open water is not the same as in a pool. They need to be aware of uneven surfaces, river currents, ocean undertow and changing weather.
- Teach children to always swim with a buddy.



## Extra Steps around Pools

- Make sure backyard pools have four-sided fencing that's at least 4 feet high and has a self-closing, self-latching gate to prevent a child from wandering into the pool area unsupervised.
- Install a door alarm, a window alarm or both to alert you if a child goes into the pool area alone.
- Check to make sure your pool or hot tub's drains are compliant with the Pool and Spa Safety Act.
- Remember that swimming aids such as noodles or water rings are fun but do not replace the use of a U.S. Coast Guard-approved personal flotation device

