

Summer and Water Safety

As the temperature rises and you start to spend more time outdoors, it is important to prioritize your child's safety around the water. Below are some practical tips to ensure that your child has a safe and enjoyable summer.

When should my child learn to swim?

- Around the age of **2 or 3**, depending on the development of the child.
- Children under the age of **1** have not shown to benefit from swimming lessons, although it could be done for fun.
- If you decide your child is ready for swim lessons, make sure you are **confident** in the program you have chosen.

How can I help get my kids comfortable in the water?

- **Introduce** them to water by putting their feet in first.
- Keep it **age appropriate**. Once the child is old enough, **expose** them to bodies of water based on their skillset.

What water skills should my child know?

- Toddlers should know **how to hold** their breath underwater.
- Older children should know how to **tread** water.
- **Finding an exit**, whether it be **holding onto a wall or a ladder**, is a skill that allows children of all ages to save themselves, if needed.

What does drowning look like?

- More often than not, **drowning is silent**. It is important to always keep an eye on children in the water as you may not hear them if they go under.
- **It does not** often include splashing or yelling.
- A child **might gasp** for air and have **lack of movement**.

What do I do if I see a child drowning?

- Make sure you are not putting **yourself** in danger, and swim at your own risk.
- Throw in a **safety ring or life preserver** that the child can grab and be pulled to safety with.
- If the child does not have a pulse, **initiate** CPR.
- **Activate** EMS and call 911.

How do I supervise children near water?

- Have a **designated adult** monitoring a child in the water.
- **Take turns** with other adults who are willing to monitor the child.



For more videos, tips, and resources, visit [ParentalGuidance.org](https://www.ParentalGuidance.org) or scan the above QR code.

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SUMMER AND WATER SAFETY TIP SHEET

