

Packing for the Pool

Pool time with children between the ages of 1 and 4 can be a blast!

What should you bring?

- Towels for both of you
- Drinking water for both of you
- Sunblock for both of you
- Snacks for both of you
- Extra swim diapers
- Wipes and facial tissue
- A large zip-close bag for used diapers and trash
- A small zip-close bag for your cellphone (Turn it off in the pool area so you aren't distracted by it.)
- A life jacket that fits snugly (When the child puts his arms up, you should be able to pick him up by the shoulders of the life jacket without him slipping down or out of it.)
- A timer to set that will let your child know when swim time is over (It's OK if he doesn't understand or want to leave.)
- Waterproof toys, such as small balls or plastic cups
- Your patience (The pool area can be loud and busy, and temper tantrums are normal. Watching your child so closely might be stressful, so leave the pool area when you are ready.)



Safety tip: Use only U.S. Coast Guard-approved life jackets that are fit by weight.

For more information, call **(602) 933-1712** or email **tisaacson@phoenixchildrens.com**.



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