What Every Child Should Know About WATER SAFETY

Every kid should know what to do if they unexpectedly fall into water, and every parent should help their kids be as prepared as possible. There is no such thing as being "drown-proof," but each of these six steps increase a child's ability to get safely from the water.

6 STEPS TO SAFETY

1 CULTIVATE CALM

Resist panic by remaining calm around water. Children are better able to reach safety in a calm state.

2 RETURN TO THE SURFACE

Hold breath; trapped air assists with buoyancy! Resist exhaling or thrashing, and use simple swim motions.

3 FLOAT TO BREATHE

Being on their back is one of the safer breathing swim positions for swimmers.

4 FIND THE WALL

Falling in the water usually means safety is nearby. Calmly look around.

5 SWIM-FLIP-SWIM

Flip onto the tummy, swim a short distance, flip onto the back to breathe, and repeat.

6 ELBOW-ELBOW-SQUEEZE

Get an elbow up, then the other, then squeeze. Otherwise, grab on and call for help.

PREVENTION IS THE BEST PROTECTION

ADULTS

Keep your eyes on swimmers and kids near water

KIDS

Ask permission before entering water and never swim alone

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