

Water Smart *Babies*



Message to Parents

Globally, **the highest drowning rates are among children 1-4 years old.**

Drowning is the 3rd leading cause of unintentional injury death; with an estimated 372,000 annual drowning deaths worldwide. Estimates may significantly underestimate the actual public health problem related to drowning. *

The Water Smart Babies™ “Prescription” Program asks the medical community to talk to parents during their child’s 9 or 12 month well visit about water safety and “prescribe” swim lesson as one of the layers of protection against drowning. Around nine months of age, children begin to get mobile. They are getting out patio and doggie doors, past gates and to edges of pools, where they silently fall in and drown. **Drowning is silent.**

Water Smart Babies™ was first piloted in Broward County, Florida. The first year initially yielded an **87%** drowning rate reduction for the 1 - 4 age range. It dropped to 50% by the end of the year to a double drowning in October. Arizona was soon to follow and pilot; they saw a 50% reduction in drownings for this same age range as well within their first year.

This program is saving lives.

Please take a few moments to review this booklet and visit watersmartbabies.org for information about locations for water safety swim lessons and other layers of protection.

*WHO Drowning Fact Sheet, November 2014



Prescription for Water Safety



Please take this prescription to your local aquatic facility to sign up for your child's water safety swim lessons.

Child's Name

Age

Today's Date

- Register for Water Safety Swim Lessons
- Practice Touch Supervision
- Install Alarms and Pool Fencing
- Learn Infant & Child CPR

Doctor's Signature

Note: A doctor's signature is not required to enroll in water safety swim programs.

Disclaimer: swim lessons are not covered by insurance. Scholarship opportunities or discounts may be available through your local swim lesson provider.

Water Safety Swim Lessons

Should your child take water safety lessons?

The American Academy of Pediatrics has updated its stance, now supporting the idea that water safety swim lessons can be good for both the child and the parent, providing safety education that can last a lifetime. One of the most important techniques you can teach your child is to roll over onto his or her back, float, and yell for help.

It is key for parents to understand that no water safety classes of any kind will “drown-proof” their child.

There is no substitute for adult supervision.

Remain vigilant and practice touch supervision on children around water (pools, buckets, toilets, lakes) at all times.

To find a swim lesson provider near you, visit www.watersmartbabies.com.



Touch Supervision

Supervision is the key to keeping a child safe around and in water.

To use touch supervision, an adult simply must be within arm's reach of the children being supervised. The benefits of touch supervision are that the child is close enough to reach out for assistance if needed and the adult supervisor is less likely to become distracted.

Tips for watching children around water:

- * Adults should take turns being the "Water Watcher". This person understands that it's their job to maintain eye contact and be within an arm's reach of the children being supervised.
- * Watch children in and around bathtubs, toilets and buckets. A young child can drown in less than 2 inches of water.
- * Have a phone nearby for emergencies but don't text or be on it while supervising children. Reduce your distractions.



Safety Devices

Blocking Access to water hazards is an important step to protecting your children in case lapses of supervision occur.

To learn more about barrier options, please read the National Drowning Prevention Alliance (NDPA) position paper at www.ndpa.org under "Layers of Protection" in the Safety Tips section of the website.

Your city may have passed a barrier code ordinance. To find out what the rules may be in your area, look up "Barrier Codes" in your area or contact your local fire department.

To purchase barriers or hire a professional:

POOL FENCING:

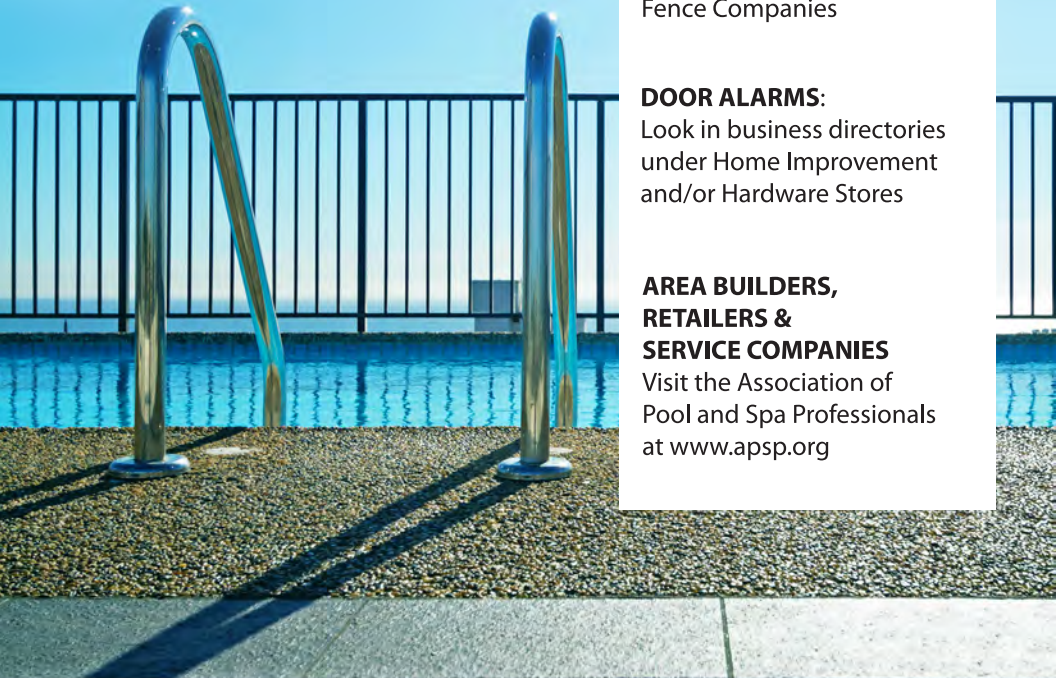
Look in business directories under Pool Fencing/Pool Fence Companies

DOOR ALARMS:

Look in business directories under Home Improvement and/or Hardware Stores

**AREA BUILDERS,
RETAILERS &
SERVICE COMPANIES**

Visit the Association of Pool and Spa Professionals at www.apsp.org



CPR Reference

for a drowning emergency

- 1) Remove the child from the water
- 2) Check for responsiveness
- 3) If someone is with you, or you have a phone nearby, call 9-1-1 and then start CPR.
- 4) If you are alone, give 2 minutes of CPR before leaving to call 9-1-1. Return and resume CPR.



Adult

Around 8 years old and older



Child

Around 1 year old to 8 years old



Infant

Birth to around 1 year old

RESCUE BREATHING:
Perform if circulation signs (pulse) are present; if not, give CPR

1 breath every 5-6 seconds

1 breath every 3-5 seconds

1 breath every 3-5 seconds

COMPRESSION LANDMARK:

Center of chest between nipples

Center of chest between nipples

One finger width below nipple line

METHOD:

Heel of one hand, other hand on top

Heel of one or two hands

Two fingers

RATE PER MINUTE:

At least 100

At least 100

At least 100

DEPTH:

At least 2 inches

About 2 inches or 1/3 of the depth of the chest

About 1 1/2 inches or 1/3 of the depth of the chest

COMPRESSION TO BREATH RATIO:

30:2 one person
30:2 two people

30:2 one person
15:2 two people

30:2 one person
15:2 two people

Disclaimer: This is not a certification, merely a reference guide for those who are certified. Please enroll in a certification class as soon as possible.

Visit www.watersmartbabies.com for additional resources.

Water Safety Checklist

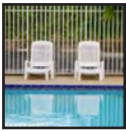
Don't assume you will hear a child who is in trouble in water. Child drowning is a silent death, with no splashing to alert anyone that the child is in trouble. Here is a checklist of tips that can keep your children safe.



Enroll in water safety **SWIM LESSONS**.
Teach children how to roll over onto their backs to float and get to the side of the pool in case they fall in.



When around water, practice **TOUCH SUPERVISION**.
Keep children close enough to reach out and touch them. Assign a *Water Watcher* who will supervise children without distraction.



Surround the pool with four sided, 4 foot or higher pool **FENCING** to keep young children from falling in.



All caregivers should know infant, child, and adult **CPR**.



Put **LOCKS** and **ALARMS** on all doors and windows to keep children from getting into the pool unnoticed.



Have a **PHONE** and rescue equipment nearby.

