

From Orleans/Niagara BOCES School Physician 4/10/19

Water Safety For Children

While research has found that swim lessons are beneficial for children starting around age 1, and may lower drowning rates, even the best swim lessons cannot “drown-proof” a child. Therefore, the AAP strongly recommends parents take steps that make a child’s environment safer. For homes with a pool, the most important safety measure is a 4-sided fence that completely surrounds the pool and isolates it from the house.

AAP also recommends:

- Parents and caregivers should never leave children alone or in the care of another child while in or near bathtubs, pools, spas, or other open water.**
- Adults should empty water from buckets and other containers immediately after use.**
- Do not leave young children alone in the bathroom. Toilet locks can prevent drowning of toddlers.**
- When infants or toddlers are in or around the water, a supervising adult with swimming skills should be within an arm’s length, providing constant “touch supervision.”**
- Even with older children and better swimmers, the supervising adult should focus on the child and not be engaged with other distracting activities.**
- More information is available at HealthyChildren.org or AAP.org**