

# 20 Tips To Prevent Childhood Drowning

## May is Childhood Drowning Prevention Month

### Prevent Child Abuse Illinois

Drowning is the leading cause of accidental death among children ages 1 to 4, and the second leading cause for children 1 to 14. Childhood drowning is a silent killer. You won't hear splashing or yelling. Most childhood drownings happen during a brief lapse in supervision. Follow these suggestions to help prevent this tragedy from happening to a child you know (in recognition of Prevent Child Abuse Illinois' 20<sup>th</sup> Anniversary).

#### SWIMMING POOL SAFETY:

1. Appoint an adult who can swim to watch children in the pool. The supervising adult should not read, talk on the phone, or do any other distracting activity!
2. Swimming lessons will not make your child "drown-proof". Even good swimmers can drown.
3. Keep ladders, furniture and toys away from above-ground pools. Toddlers are great climbers!
4. Fence in your pool completely and install a self-closing, self-latching gate.
5. Young children should wear personal flotation devices, but these devices do not replace adult supervision.
6. Remind baby-sitters and other caregivers not to leave children unattended near water.
7. Keep pool water clear and remove floats and other toys when the pool is not in use.
8. Learn CPR and keep rescue equipment, a telephone and emergency numbers near all pools.



9. Don't be lulled into a false sense of security because of the shallowness of a baby pool. It only takes two inches of water for small children to drown... keep them within arm's reach. Empty baby pools immediately after each use and store upside-down.
10. Teach your child to stay away from all types of water unless they are with an adult. Even if you don't have a pool, your neighbor might. It doesn't take long for a child to wander out of your yard and head straight for the neighbor's pool.

#### SWIMMING POOLS ARE NOT THE ONLY DANGER:

11. Never leave a young child alone in a bathtub or allow a sibling to watch a younger child. If you need to leave the bathroom, take your child with you!
12. Infant bathtubs and seats are bathing aids, not safety devices.
13. Keep the toilet lid down and use a toilet seat lock to keep children from opening the lid.
14. Put a latch on the bathroom door to keep unsupervised children out.
15. Five-gallon buckets, washtubs, even coolers pose a threat to babies and toddlers who may topple into them. Empty and store all buckets and large containers out of children's reach.
16. When having a picnic in a park or camping near a lake or river, find out ahead of time where the bodies of water are so you can make sure your children are with an adult if they go off to explore, and where to look FIRST if they go missing.



17. Older children and teenagers will take more risks around water. Remind them to stay within designated swimming areas and swim with a buddy, never alone.
18. In winter, water may not be completely frozen ... don't take a chance, stay off the ice!
19. Decorative ponds and fountains have become very popular. If you have a pond or fountain in your yard or are visiting someone who does, it is important to watch your child at all times. Children love to play in water!
20. A child can drown in the time it takes to answer the phone or run to the restroom. Supervision is the key to preventing accidental drowning deaths. Be [Water Wise...SUPERVISE!](#)



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