

Spish, Splash, Swimming is a Blast!

Swimming is a great way for you and your child to exercise while having fun! Alliance Pediatrics wants to ensure that you and your children to know how to be safe in the water while having fun. The water safety tips listed below were provided by the American Academy of Pediatrics.

Water Safety

- Children who are swimming—even in a shallow toddler's pool—always should be watched by an adult. The adult should be within arm's length, providing "touch supervision" whenever infants, toddlers, or young children are in or around water.
- Empty and put away inflatable pools after each play session.
- Don't allow your child to use inflatable toys or mattresses in place of a life jacket. These toys may deflate suddenly, or your child may slip off them into water that is too deep for him.
- Be sure the deep and shallow ends of any pool your child swims in are clearly marked. Never allow your child to dive into the shallow end.
- Spas and hot tubs are dangerous for young children, who can easily drown or become overheated in them. Don't allow young children to use these facilities.

To see the full list of water safety rules, visit AAP's website at www.healthychildren.org, key word: water safety.

Swimming Lessons

The American Academy of Pediatrics suggests that children between the ages of 1 and 4 years old should be enrolled in swim lessons based on the child's frequency of exposure to water, emotional development, physical abilities, and certain health conditions related to pool water infections and pool chemicals. If you do enroll a child under four years old in a swimming program, be sure the class you choose adheres to guidelines established by the national YMCA. Among other things, these guidelines forbid submersion of young children and encourage parents to participate in all activities. But remember that even a child who knows how to swim needs to be watched constantly. Whenever your child is near water, follow the safety rules previously listed.

CPR Safety

In the article Drowning Prevention by the American Academy of Pediatrics, it is stated that all parent/caregivers should be trained in infant/child CPR. The AAP states, "performing CPR while waiting for emergency medical personnel provides a significantly better outcome for children with submersion injury."

To register for CPR classes, visit the American Red Cross website, type in a zip code and they will provide a list of classes in your area.