


Little kids (One to four years old)

This is what you need to know about me...

- I'm doing more things on my own now and I love to explore.
- I can move faster and have lots of energy, so you'll need to be one step ahead of me at all times.
- I'm still very curious, but don't understand risks and dangers well.
- I can do more and more each day, but I don't understand why some things are off-limits.

Did you know...?

- I imitate older playmates and adults, meaning I will try things beyond my physical abilities.
- I'm still developing my balancing and climbing skills.
- I am likely to lose my balance and fall because I'm top-heavy.
- I need supervision — all the time.



I'm gonna open this door.



Five truths about childhood drowning



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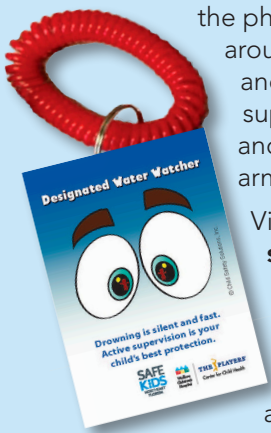
You think it could never happen to your family, but enough children drown each year in Florida to fill four preschool classrooms. Drowning is the leading cause of death in children under five in Florida, and the second leading cause of injury and death in older children. In our state, drowning happens year-round; however, most cases of drowning and near-drowning combined happen from April through September. These incidents are not only preventable but also predictable.

Here are **five truths** about children who drown and what you can do to help keep your child safe in and around water.

TRUTH 1 Weak or No Supervision

Children drown quickly and silently in a matter of seconds. Adults who were present when a child drowned were often distracted. They may have been talking on the phone, chatting with other adults around the pool, or reading. Parents and caregivers should actively supervise children around the water and stay at the water's edge or within arm's reach at all times.

Visit www.wolfsonchildrens.com/safekids to find out where you can pick up a free Water Watcher tag, which helps to designate an adult as the Water Watcher to prevent gaps in supervision and assumptions about who is watching the kids.



TRUTH 2 No Barriers

Curious children, especially those younger than four, can easily fall into bodies of water like pools, tubs, buckets, retention ponds and inflatable pools not emptied after use. Often they are discovered too late to be saved.

Safe Kids Northeast Florida and Wolfson Children's Hospital remind parents to never leave a child alone in or near a body of water — even if it's less than a few inches deep. Pool owners should install multiple layers of protection such as: four-sided fencing and self-closing, self-latching gates; extra door locks installed high and out of reach of children; audible door and window alarms; and approved covers on pools and spas that will support the weight of a child. Remember no one barrier is 100 percent effective!

If there is any type of water on or near your property, install appropriate barriers around that water. Many children under four who wandered out of the house through an unlocked door or gate were thought to be sleeping at the time of a drowning and were, therefore, unsupervised.



For additional information on safe pool environments, visit the Florida Swimming Pool Association at www.floridapoolpro.com.

TRUTH 3 Weak or No CPR Skills

Drowning victims who are rescued from the water need CPR immediately and before paramedics arrive. CPR can prevent brain damage and may be the difference between life and death when performed promptly and effectively.



Parents and caregivers of young children and all pool owners should be trained in special CPR techniques for infants and children. Post CPR instructions and keep a phone by the pool to call for help in an emergency. Mount rescue equipment such as a life ring or a shepherd's hook near the pool.

For Infant/Child CPR classes near you, visit baptistjax.com/classes.

TRUTH 4 Weak or No Swimming Ability

Children from non-swimming households are eight times more likely to be at risk of drowning. Minority children have especially low rates of swimming ability and high rates of drowning. The American Academy of Pediatrics states that children need to learn to swim, and supports swimming lessons for most children 4 years and older. Classes may also reduce the risk of drowning in children ages 1-3, but children develop at different rates, and not all children will be ready to swim at the same age. For questions about your child, consult your pediatrician.

Safe Kids Northeast Florida and Wolfson Children's Hospital remind parents that even if your child has taken swim lessons, he/she is not immune to drowning. Active supervision should still be the top priority for every adult when their children are in or around water



Children should be supervised by an adult when swimming until age 14. No one should ever swim alone.

For a list of swim schools in the Greater Jacksonville area, visit www.wolfsonchildrens.com/safekids.

TRUTH 5 Lack of Life Jacket Use



More than 700 boating accidents occur yearly in Florida's open waters (lakes, rivers and oceans) and an average of 68 people drown. Of those who drowned, nine out of 10 were not wearing a life jacket. Also, alcohol use is involved in up to half of reported boating fatalities in Florida.

Safe Kids Northeast Florida and Wolfson Children's Hospital recommend that both children and adults wear life jackets every time they go boating or step on a dock. Make sure the life jacket fits correctly and is always buckled up.

For more information on safe boating, visit the U.S. Coast Guard Boating Safety Resource Center at www.uscgboating.org.