

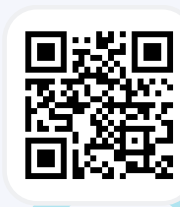
# WATER SAFETY FOR FAMILIES

**DROWNING CAN HAPPEN TO ANY FAMILY. IT IS QUICK AND IT IS SILENT. DROWNING IS THE SINGLE-LEADING CAUSE OF DEATH AMONG CHILDREN AGES 1 TO 4 YEARS OLD.**



## 4-SIDED POOL FENCING

**A fence that surrounds the pool** is specially designed so that children cannot easily get over, under, or through it.



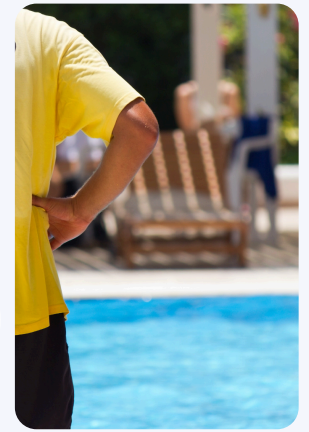
## LIFE JACKETS

**U.S. Coast Guard Approved:** Use for open bodies of water and at pools for young children and unskilled swimmers.



## SWIM LESSONS

**High quality, low-cost lessons are typically available through your city.** Swim lessons can help reduce the risk of drowning for children. Some kids may be ready to start swim lessons after age 1.



## SUPERVISION

**Be watchful.** Keep distractions such as cell phones away and assign a water watcher.



## CPR TRAINING

**Immediate rescuing at the drowning site.** Focus on the airway and rescue breathing before compressions. All parents and guardians should have CPR training.



*For more information visit [www.aap-oc.org/pcdp](http://www.aap-oc.org/pcdp) or scan the QR Code, save the PDF or screen shot it!*



American Academy of Pediatrics  
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