Watch out in water

“This has highlighted the dangers posed when a child is left unsupervised for a short period of time and even in the shallowest of water.”

Coroner’s report, bath seat drowning of 7-month-old

Drowning happens silently.
A drowning child can’t speak or control their arms. They slip quietly under the water. It’s only in the movies they splash about and cry for help. It’s a scary thought.

But once you understand how and where drowning happens, there are things you can do to prevent it.

Babies and small children – mostly drown at home in the bath or in the garden, in just a few centimetres of water.

 kj

Baths
• Bath seats are great for supporting your baby in the bath but they’re not safety aids – a baby shouldn’t be left alone in one even for a moment as they can slip out
• Get everything you need ready before bath time because you’ll need to stay with your baby or young child all the time they’re in the bath
• Don’t rely on your toddler to keep an eye on the baby while you pop out for a towel, as they’re still too young to understand danger.

 kj

In the garden
• Empty the paddling pool out after you’ve used it
• Turn a pond into a sandpit, or fence it in or cover it while your children are little
• Make sure your child can’t get to the neighbour’s pond
• Be alert to ponds or pools when visiting other people’s homes.

 kj

Older children – as children grow up, they can still get into difficulties. They may over-estimate how strong a swimmer they are or under-estimate risks in the sea or open water. As lockdown eases, remind them how to stay safe.

 kj

Out and about
• Teach older children to choose safe places to swim like public pools and beaches with lifeguards
• Explain the dangers of swimming in open water, including strong currents, deep, cold water and things under the surface they can’t see.

 kj

At the beach
• Teach children to swim between the red and yellow flags – these mark the areas patrolled by lifeguards
• Inflatables can be swept out to sea when the wind is blowing – keep children off inflatables when the orange windsock is flying and always keep an eye on them.

Find out more www.facebook.com/ChildAccidentPreventionTrust

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