

# Watch out in water

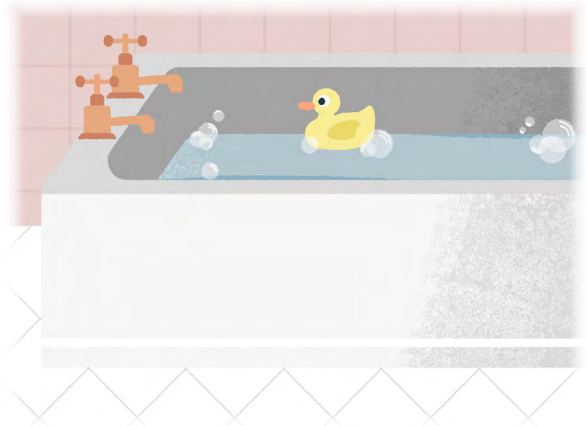
*“This has highlighted the dangers posed when a child is left unsupervised for a short period of time and even in the shallowest of water.”*

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. Keep your baby or young child in arm's reach all the time when they're in or near water.



**Older children** – 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. Teach them to float until help arrives.

## Baths

- Get everything you need ready before bath time. You'll need to stay with your baby or young child all the time they're in the bath.
- Bath seats are great for supporting your baby in the bath but they're not safety aids. Don't leave your baby alone in one even for a moment. They can topple or your baby can slip out.
- 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.

## 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, pools or hot tubs when visiting other people's homes.

## 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.

## At the beach

- Teach children to swim between the two-coloured 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.