



love to nurture

MONTHLY PARENTING JOURNAL

WATER SAFETY



FELLOWSHIP 04



Love to Nurture is a relationship-driven, grace-based, trauma-wise style of parenting that holds sacred the dignity of every child, the uniqueness of every child, the emotional safety of every child, and the developmental stage of every child.

WATER SAFETY

As the days get longer and the summer months approach us quickly, it is important that parents understand the dangers associated with summer fun and are equipped to keep all children in their care safe. Swimming can be one of the greatest summer memories for a child, yet there are significant safety concerns that arise when children are near water. Parents must be aware of these concerns at all times.

For children in your care, it is important to never assume that they know how to swim or even that they understand the "basics" of staying safe around water. Harmless roughhousing can end up being life-threatening and a lapse in supervision can cause forever harm, or even death from drowning. Please pay close attention to the safety instructions presented here.

The Facts about Kids and the Danger of Drowning

THE PROBLEM

Almost 800 children drown in the U.S. every year.

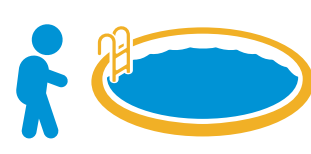


Two thirds of these deaths occur during May – August.

Drowning Risk Varies by Age



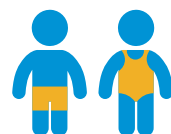
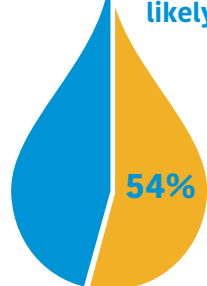
<1 year olds are **more likely to drown at home**



1-4 year olds are **more likely to drown in a pool**



5-17 year olds are **more likely to drown in natural water**



More than half of all child drowning deaths are among children ages 0 to 4

PARENTS' MISCONCEPTIONS



MISCONCEPTION 1

Nearly half of parents surveyed think that if a child was drowning nearby, they would hear it.

Reality

Drowning is silent. There can be very little splashing, waving or screaming.



MISCONCEPTION 2

1 out of 3 parents have left a child alone in a pool for two or more minutes.

Reality

Drowning is quick. Once a child begins to struggle, you may have less than a minute to react.



MISCONCEPTION 3

More than half of parents surveyed think that when present, a lifeguard is the primary person responsible for their child's supervision.

Reality

Watching your child in the water is your responsibility. A lifeguard's job is to enforce rules, scan, rescue and resuscitate.



MISCONCEPTION 4

60 percent of parents surveyed would not worry as much about drowning if their child has had swim lessons.

Reality

Swim lessons are essential, but skill level varies. A review of children who drowned in a pool revealed that 47 percent of 10 – 17 year olds reportedly knew how to swim.





WATER SURVIVAL SKILLS

5 Survival Skills That Could Save Your Life in the Water



1 Step or jump into water over your head and return to the surface.



2 Float or tread water for one minute.



3 Turn around in a full circle and find an exit from the water.



4 Swim 25 yards to the exit.



5 Exit from the water. If in a pool, be able to exit without using the ladder.

WATER SAFETY TIPS



- ◆ Watch your kids when they are in and around water, without distraction.
- ◆ Teach children to swim and the 5 Water Survival Skills.
- ◆ Learn CPR and basic rescue skills.
- ◆ Make sure pools have four-sided fencing at least 4 feet high.



NOT ALL "FLOATIES" ARE SAFE FOR KIDS

Since the 1960s, inflatable arm bands have been used by parents as swimming aids for children. Though these arm bands have been very popular since they came out, experts say they may not be the best choice of swimming aid. Experts say they can pop, slide off and deflate.

In addition, Leigh Ann Newman, owner of ABC Swim School says they can "give your child and you a false sense of security." Newman said children will often push the limits of safety, and parents will let them, not fully aware of the risks.

There is a warning on the most popular brand of inflatable arm bands. The Floaties label clearly states the arm bands are not to be used as a lifesaving device. The Floaties website also makes it clear that it is recommended that the children be under constant supervision when using this product. Newman said parents need to realize that the use of inflatable arm bands does not ensure safety.

Bob Hubbard, owner of the Hubbard Family Swim School, commonly known as "Swim School Bob," agrees with Newman.

"Inflatable arm bands teach kids to jump in and let the floats do the work of popping them back up to the surface," Hubbard said. "They learn to run and jump with complete abandonment and use the floats to raise them high in the water rather than relaxing and trusting the water to float them."

He said he doesn't believe inflatable arm bands keep children positioned in the water correctly either.

"Many people erroneously perceive the floats to be tools that help children learn to swim. I believe they do the exact opposite, and work against anything a child has ever learned in a swim lesson," Hubbard said.

According to the Center of Disease Control, drowning is the second leading cause of unintentional injury-related death for children ages 1 - 14.

Pediatrician and creator of keepkidshealthy.com, Dr. Vincent Iannelli, says, to be safe, you want a flotation device that keeps your child from going under the water, keeps his face out of the water, and keeps his head upright.

"Essentially, that means using a U.S. Coast Guard approved life jacket or personal flotation device," Dr. Iannelli said.

by Lindsey Weaver, ABCnews4, <https://abcnews4.com/archive/experts-inflatable-arm-bands-cause-more-harm-than-good>

Moms and Dads, inflatable arm floaties are not recommended and can actually put a child at greater risk of drowning. The ONLY flotation devices recommended to assist non swimmers are US Coast Guard Approved life vests or flotation devices. Remember! Always be within arms reach of your non-swimmer, even with USCG approved devices.

The ABC'S

of SWIMMING POOL SAFETY

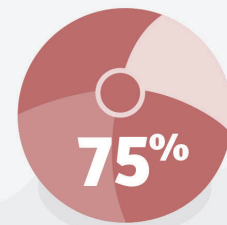
A DULT SUPERVISION



AVOID TEXTING OR SOCIAL NETWORKING
Checking Facebook for 20 secs can be long enough for a child to drown.¹

DO NOT CONSUME ALCOHOL WHILE ON DUTY
Alcohol slows reaction time, which prevents effective supervision.²

ASSIGN A TAG OR WHISTLE FOR THE ADULT ON DUTY
These help identify which adult is on duty, so there is no confusion.



Approximately 75% of child drownings occur because of a lapse of adult supervision of *less than five minutes*.³



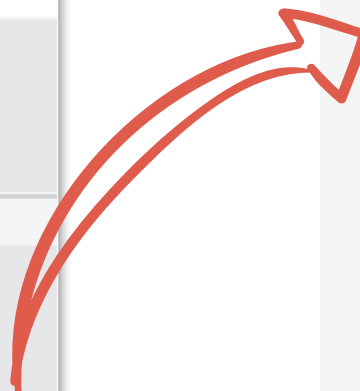
DEAR ROSS AND JACQUE: IT SEEMS LIKE OVERKILL TO HAVE A "DESIGNATED WATER WATCHER." ISN'T THAT WHAT LIFEGUARDS ARE FOR?

There is no substitute for active, focused adult supervision of children when in or around water. Even with lifeguards present, it is the parents' responsibility to ensure the safety and supervision of the children in their care.

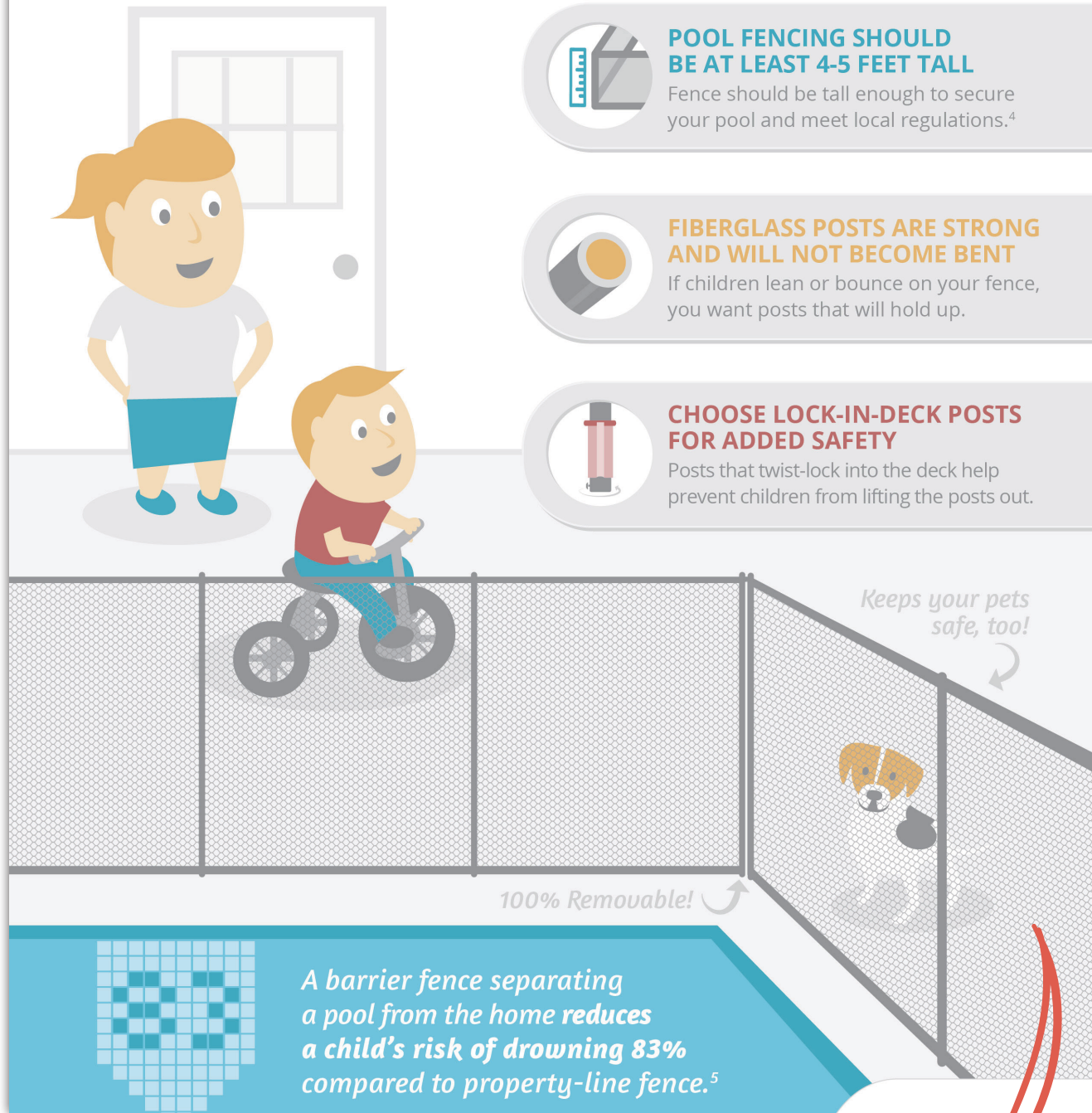
Lifeguards are only one layer of safety, and they are trained to keep their eyes constantly scanning for potential problems and individuals in distress. They are trained to remain vigilant in surveilling all of the activity in a pool or body of water, but they are not babysitters focused only on your child. Non-swimmers in particular need to be the exclusive focus of an adult who is 100% devoted to their safety. Non-swimmers who are especially young need to be within arms-reach of their caregivers at all times when in and around water. This is not the role or responsibility of a lifeguard charged with surveilling an entire pool or area.

The "Designated Water Watcher" concept was born out of numerous preventable tragedies in which one parent thought another parent or family member was keeping an eye on a child while the family member or spouse assumed the other was watching. The "Designated Water Watcher" reduces, and when used regularly, eliminates the potential for this inadvertent gap in supervision that has contributed to so many drownings. It is especially important at pool parties or family gatherings in which adults get busy socializing with each other and think someone else is watching their children or even momentarily get distracted from supervising. All it takes is a second for a child to slip under the water. When you are at a pool or body of water with a child, especially a young child or non-swimmer, responding to a text message, checking Facebook, or saying "hi" to someone you haven't seen in a while is all it takes for a drowning to occur.

The DWW tag is a tangible reminder to everyone that the supervision of children in and around water must be intentional, it must be focused, and it must be without distractions.



BARRIER POOL FENCE



POOL FENCING SHOULD BE AT LEAST 4-5 FEET TALL
Fence should be tall enough to secure your pool and meet local regulations.⁴

FIBERGLASS POSTS ARE STRONG AND WILL NOT BECOME BENT
If children lean or bounce on your fence, you want posts that will hold up.

CHOOSE LOCK-IN-DECK POSTS FOR ADDED SAFETY
Posts that twist-lock into the deck help prevent children from lifting the posts out.

Keeps your pets safe, too!

100% Removable!

A barrier fence separating a pool from the home reduces a child's risk of drowning 83% compared to property-line fence.⁵



FOSTER FAMILIES AND SWIMMING POOLS

If you have a swimming pool of any kind, you need to disclose this information to your Home Supervisor. You are required to have a customized safety plan in place if you have a swimming pool.



FOSTER PARENTS MUST BE CPR AND FIRST AID CERTIFIED AT ALL TIMES

According to Volume 7, foster parents must have an active CPR certification on file. It cannot lapse even one day without us needing to move your children into respite until you are certified.

CPR TRAINING CLASS



DROWNING ONLY TAKES A FEW SECONDS, SO LEARN CPR

The quicker CPR is started, the better the chance of improved outcomes.⁵



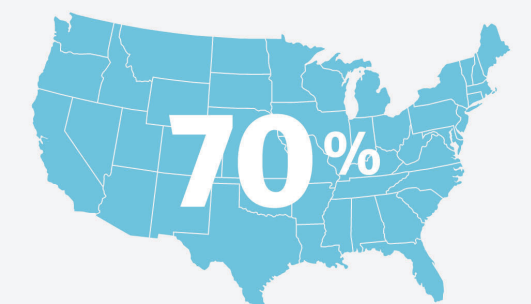
STAY UP-TO-DATE WITH THE LATEST CPR TECHNIQUES

Results of lifesaving skills are constantly studied in order to save more lives.⁶



FIND LOCAL CLASSES THROUGH THE AMERICAN RED CROSS

Visit <http://redcross.org/take-a-class> for latest listings of local CPR classes offered.



70% of Americans may feel helpless to act during a cardiac emergency because they either do not know CPR or their training has significantly lapsed.⁷

S WIMMING LESSONS



SWIMMING IS A FUN WAY TO BE ACTIVE AND HEALTHY

Learning to swim early is a great way to help prevent childhood obesity.⁸



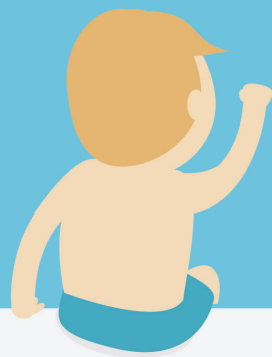
MOST DROWNINGS OCCUR IN HOME SWIMMING POOLS

About one in five people who die from drowning are children 14 and younger.⁵



CHECK OUT YOUR LOCAL YMCA FOR CLASSES

The YMCA offers swimming lessons year round for all ages, so there is no excuse!



88%

Formal swimming lessons can reduce the risk of drowning by as much as 88% among young children ages 1-4 years old.⁹



¹<http://health.ny.gov/publications/3112>

²<http://pubs.niaaa.nih.gov/publications/aa63/aa63.htm>

³<http://healthandwelfare.idaho.gov/Health/InjuryPrevention/Drowning/tabid/1390>

⁴<http://www.cpsc.gov/en/Media/Documents/Safety-Education/Safety-Guides/Sports-and-Recreation/Pool-and-Spa/pool>

⁵<http://cdc.gov/homeandrecreationsafety/water-safety/waterinjunes-factsheet.html>

⁶<http://faculty.deanza.edu/donahuemary/stories/storyReader52608>

⁷http://heart.org/HEARTORG/CPREandECC/WhatsCPR/CPREfactsandStats/CPRE-Statistics_UCM_307542_Article.jsp

⁸<http://cdc.gov/healthyweight/children>

⁹<http://cdc.gov/features/drowningprevention>



SWIMMING LESSONS ARE CRITICAL FOR CHILDREN IN FOSTER CARE

Swim lessons are critical, but not all swim lessons are the same. Make sure you learn details about the program before enrolling. No matter where you sign your kids up for swimming lessons, we encourage you to be mindful of the teaching philosophy used by the swim program. You should look for a small teacher to student ratio, experienced instructors, and a program with clearly defined skill targets for every swim level.

The Red Cross Learn-to-Swim program is based on the latest research in aquatics and is a good place to start. Make sure that the swim lessons do not use a "sink-or-swim" approach with kids during lessons.





A FEW FINAL WATER SAFETY TIPS FOR FOSTER PARENTS

Foster families do need permission from the caseworker and/or biological parent(s) to swim and/or take swimming lessons. Swimming is included on our permissions form that we have the caseworker/birth parent fill out at the beginning of a case.

If you have any questions regarding water safety, swimming permissions, or other water activities (boating, kayaking, etc.) please ask your Home Supervisor. They are happy to help you navigate safety with your kids this summer!

As always, if you have an urgent or after-hours question, please call the on-call number at 719-237-5739. This number is answered 24/7 by a staff member who is here for you!



Water Safety Training: Volume 7 Tags: 7.708.65.C.1. Emergency and Safety Procedures, 7.708.65.C.3. Administrative Procedures and Program Goals



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