

# Water Smart<sup>®</sup> tips for parents of children under 5 years of age

From the Lifesaving Society – Canada's lifeguarding expert



## About drowning

- Drowning is the second leading cause of preventable death for children under 10 years. Children 1-4 years are at high-risk.
- Almost 500 people drown each year in Canada.
- Drowning is a fast and silent killer. A child can drown in as little as 10 seconds. Victims rarely call, wave or signal for help because they can't keep their heads above water.

## Parents have a responsibility to vigilantly supervise their young children.

- Keep your eyes on young children at all times around water. And stay close – within arms' reach.
- At the pool or beach, put young children in lifejackets to keep them at the surface. This may give you the seconds needed to save a life.
- Stay tub-side until all the water has drained or you have removed your child from the tub.
- Restrict and control access to backyard pools by fencing all four sides.
- Empty and turn over wading pools and buckets of water when not in use.
- Take Parent & Tot lessons at your local pool. A positive introduction to water can give your child a lifetime of pleasure swimming. Toddlers get used to the water with their parents in an instructional setting.



All children should learn to swim. We can teach them.  
For more information, visit [www.lifesavingnb.ca](http://www.lifesavingnb.ca) or  
contact your local pool.