

## June is Water Safety Month

Summer is a time for water and relaxation whether that be at your clubhouse, the beach, or your own back yard. This issue of MLC Family Minutes is designed to highlight the ways to help you prepare for a safe summer water play experience for you and your child.

### When should my child start learning how to swim?

According to the American Academy of Pediatrics, most children at the age of four can learn how to swim. Because the leading cause of child accidental death between ages 1-4 is caused by drowning, many parents seek early swim lessons. The research shows that very young children struggle with the breathing skills associated with swimming. Here is a link that breaks down swimming lessons by age:

<https://www.verywellfamily.com/swim-lessons-for-kids-2632446>

### Beach Safety

SWFL beaches do not have lifeguards. There is always need for a “water watcher” if children have access to the water. Beach goers need to know the meanings of flags flown at the beach. Parents also want to be mindful that these bodies of water are homes to living creatures that can be unnerving to small children when encountered, causing panic for a young swimmer when in the water. Under toe and rip currents are a real threat to even a strong swimmer.

### What *Not* to Wear

There are many fun swimwear fashions. Here are a few things to avoid.

1. **Loose fitting suits or shirts.** All swim wear needs to fit like a glove.
2. **The color blue.** In a pool or ocean blue becomes more difficult to see. Go for those bright colors to be seen.
3. **Hats** that are loose fitting or require a neck strap.
4. **Floaties.** Too often these are used as a safety measure to allow adults to look away. Children can slip out of these and in the water without a sound. Ditch the floaties.



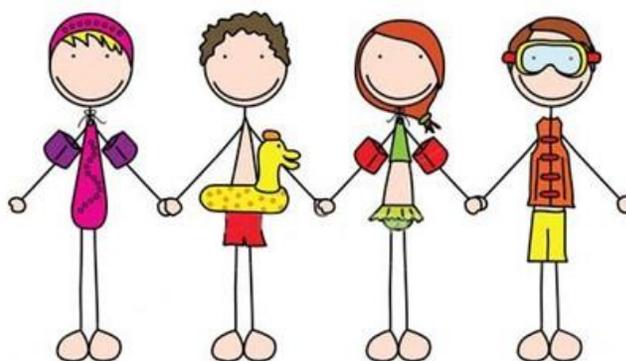
## MLC June Family Minutes

A resource from our family to yours



## Splish, Splash!

Whether you have an above ground or in ground pool, it is required by Florida law to have a fence surrounding the pool to prevent accidental drowning. Other safety features you should consider are door alarms for doors with pool access and pool alarms that sound when there is motion in the pool.



## Pool Rules!

Homeowners must implement pool rules. Here are a few that even guests can follow when at a pool if there are no rules posted.

1. Children should never be allowed around a pool for any amount of time without an adult.
2. No running to prevent slip and fall and head injuries.
3. No glass in the pool area.
4. If there is thunder or lightening, everyone is out of the pool for 30 minutes.

## What is dry-land drowning?

Not all children live near pools. Still drowning is the number one cause of child accidental deaths with 88% of those occurring with an adult present.

Drowning can occur anywhere there is water: pools, beaches, bathtubs, toilets or outdoor water features. Parents and those supervising children need to be aware and ready in the event there is an accident. By taking a CPR course, a child's life could be saved.

<https://www.redcross.org/>  
<https://heartcpr.org/>

## Fun Family Book

*Ruby Learns How to Swim* by Phillip Gwynne and Tamsin Ainslie

*Splash the water. Floaties on. Eyes wide open. Blow big bubble. Legs out straight. Kick hard. Swim!*

This book will encourage your young swimmer to have fun and feel safe in the water.

## Resources

<https://www.safekids.org/research-report/hidden-hazards-exploration-open-water-drowning-and-risks-kids>

<https://www.jimersonfirm.com/blog/2015/11/florida-residential-swimming-pool-safety-act/>

<https://texasswimacademy.com/swimming-pool-safety-procedures-during-lightning-storms/>

<https://www.safekids.org/poolsafety>

<https://www.redbookmag.com/body/health-fitness/g21933495/swimming-pool-safety-tips-for-kids/>