

Drowning is fast and silent, watch kids around water

It's a warm summer day and you're at spas this summer: the pool with your kids. Your cell phone rings and you answer it, shifting your focus from your kids to the conversation.

Children can get into trouble in a matter of seconds when around water, so Safe Kids Kansas recommends that parents actively supervise children when they are in times. or near the water.

Drowning is the second highest cause of unintentional death for children ages 1 to 4 in both the U.S. and Kansas.

"Kids drown quickly and quietly," said Cherie Sage, Safe Kids Kansas. "A drowning child can't cry or shout for help. The most important precaution for parents is active supervision. Simply bepervising.'

keep your children safe around pools and as little as one inch of water.

around water, even for a moment. There Stay where you can see, hear and reach kids in water. Infants or toddlers should

• Put the cell phone away, forget about all the other things you have to do and give young children 100 percent of your attention when they are near or around water. This is the time to avoid distractions of any kind. If children are near wavour mind.

• Empty all tubs, buckets, containers Safety tips from Safe Kids Kansas to dren's reach. Small children can drown in adult present.

Watcher card strategy, which designates is no room for compromise on this one. an adult as the Water Watcher for a certain amount of time (such as 15-minute periods) to prevent lapses in supervision. be within arm's reach of an adult at all Download a Water Watcher card at www. safekids.org.

• Every child is different, so enroll children in swimming lessons when you feel they are ready. Teach them how to tread water, float and stay near the pool's edge when they are first learning to swim, but don't assume swimming lessons make ter, then they should be the only thing on your child immune to drowning. There is no substitute for active supervision.

• Teach children to swim with a partner, ing near your child is not necessarily su- and wading pools immediately after use. every time. From the start, teach children

• When there are several adults present as water wings or noodles are fun toys, and shut down the pump should entrap-U.S. Coast Guard-approved personal flotation device.

• Don't leave toys in or near the pool, emergency numbers by the pool. where they could attract unsupervised kids

• Make sure backyard pools have foursided fencing that's at least four feet high and a self-closing, self-latching gate to prevent a child from wandering into the pool area unsupervised.

• Educate your children about the dangers of drain entanglement and entrapment and teach them to never play or swim near drains or suction outlets.

• If you do have pool or spa drains, pro-Store them upside down and out of chil- to never go near or in water without an tective measures include anti-entrapment org. drain covers and a safety vacuum release • Remember that swimming aids such system to automatically release suction

• Never leave your child unattended and children are swimming, use the Water but they should never be relied upon for ment occur. Go to www.PoolSafety.gov safety and cannot be used in place of a for a list of manufacturers of certified

Keep rescue equipment, a phone and

• Parents have a million things to do, but learning CPR should be on the top of the list. Local hospitals, fire departments and recreation departments offer CPR training.

Even a near-drowning incident can have lifelong consequences. Kids who survive a near-drowning may have brain damage.

For information about drowning and water safety, call Safe Kids Kansas at (785) 296-0351 or visit www.safekids.



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