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**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Preventing Drowning**

**By Anne Cavicchi**

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Did you know that drowning is the second most common cause of death from injury for children aged 1 to 4 years old? Children under four are at risk because they move very quickly but are not always aware of the dangers around them. As parents, it is our job to minimize the dangers.

Drowning hazards in and around the home account for about 50% of all toddler drownings (according to the Canadian Red Cross Water Safety Service). The peak age for toddler drownings is age 3 for boys and two for girls. 55% of infant drownings occur in the bathtub, while 30% of toddler drownings occur in backyard swimming pools.

A young child can drown in as little as 2 1/2 inches of water. For every toddler that drowns, six to 10 almost drown. Near drownings can result in permanent brain damage. Most of these drownings or near drownings are very preventable.

In your home:

Empty water from wading pools, buckets, and baths immediately after use

Never leave a baby or young child alone in the bath for even a moment. Keep toilet lids down too — better yet, get a toilet seat lock.

Young children must be watched constantly near pools, drainage ditches, ponds, docks and beaches. Learn first aid, including rescue breathing (for more info on infant CPR, [click here](#))

Babies under one year of age may enjoy the water, but they really do not have the physical strength and coordination to swim. When your child is older, look for swimming instruction that teach a progression of water skills and safety. Do remember though that swimming lessons will not 'drown-proof' your child.

Since home swimming pools create a very big and real hazard, follow these steps to minimize the risks:

## Preventing Drowning

Completely enclose outdoor pools on all sides. Make sure that the gate is self closing and latching.

Install a pool side telephone and rescue aids

Get trained in first aid and CPR

Never leave your children unattended in or around the pool, not even for a moment.

Hot tubs and children also don't mix. Ensure that your hot tub is covered very securely when not in use.

In addition to the dangers of drowning, hot tubs pose other risks to children. The water temperature may be too high for them to tolerate — temperatures over 100 degrees may increase a child's heart rate to dangerous levels.

Water play can be great fun — please play safe!

Anne Cavicchi is a married working mother with one son and two stepdaughters. She is also the owner of [maternitycorner.com](http://maternitycorner.com). She enjoys spending time together with her family, golfing, photography and offering advice and support for new Moms and Dads.

### **Pool Safety Includes Kids Knowing How to Swim**

**By Gregory Fort**

As we go through life it is amazing how many people you meet that never learned how to swim. If these parents ever accompany their children to swimming pools or lakes, they do not have the skills to save their own child. Teaching children to swim should be mandatory, and is, if you own a pool.

Studies have shown that children who started swimming lessons at ages 2–4 actually learned to swim well at an average age of 5–1/2 years. Should you wait until kindergarten age to start swimming lessons? Absolutely not. While younger children may not swim well, they can be taught how to get to the edge of the pool. These precious seconds may well save their life.

Survival swimming is now being taught to children as young as six months. One statistic shows that 86% of children that drown do so while fully clothed. Survival swimming is taught to children who are fully clothed. <http://www.infantsswim.com> Infant Swimming Resource is a website dedicated to reducing the number of accidental drownings. The author does not have any ties to the company or website, but would encourage the reader to visit this fine resource.

If we haven't scared you enough about child drownings, think about this:

Among children ages 1 to 4 years, most drownings occur in residential swimming pools (Brenner et al. 2001). Most young children who drowned in pools were last seen in the home, had been out of sight less than five minutes, and were in the care of one or both parents at the time (Present 1987). For every child who drowns, three receive emergency department care for non-fatal submersion injuries. More than 40% of these children require hospitalization (CDC 2003). Nonfatal incidents can cause brain damage that result in long-term disabilities ranging from memory problems and learning disabilities to the permanent loss of basic functioning (i.e. permanent vegetative state). Do figures like these shake you up; make you sick to your stomach thinking "what if" about your own children? Then

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do something about it. Find out about infant swim programs. Find out about learn to swim programs for older children. And if you never learned how to swim, join a program yourself.

Learning how to swim is not the only requirement for swimming pool safety, just a very important one. Proper supervision and having fencing installed around the pool are also needed. Having a phone with you so you don't have to leave the pool is another good idea. Other safety considerations can be found at the article resource page of [http://www.pool-pockets.com/Published\\_Articles.html](http://www.pool-pockets.com/Published_Articles.html) Pool-Pockets

### Cited Resources:

Children: In 2001, 859 children ages 0 to 14 years died from drowning (CDC 2003). While drowning rates have slowly declined (Branche 1999), drowning remains the second-leading cause of injury-related death for children ages 1 to 14 years (CDC 2003).

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Branche CM. What is happening with drowning rates in the United States? In: Fletemeyer JR and Freas SJ, editors. Drowning: New perspectives on intervention and prevention. Florida: CRC Press LLC; 1999.

Gregory Fort is a partner with Pool-Pockets – Your Pool Toy Storage Solution



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