

## Water Safety

It is important to take the necessary precautions to avoid drowning, whether it is in the pool, canal, lake, bath, sink, toilet, or even a pail of water! When you bath your infant, never leave him/her alone even for a second. It only takes a few seconds to drown, even in a few inches of water! Do not speak on the phone while bathing your infant (even a cordless). This is the time to use your answering machine to avoid missing calls. Remember toddlers can flip head first into a toilet or especially a pail of water and be unable to right themselves. Do not leave a filled pail unattended.

A word about the importance of outside water safety. Not unexpectedly, the State of Florida leads the nation in drownings. So many people have pools or live near canals or lakes. **A good rule to remember is that if you can afford a pool, you certainly can afford a pool fence.** You must always watch your child. Do not assume that another parent is acting as lifeguard for the group. Experts agree in the use of multiple barriers around a pool. These would include the use of a pool fence with a self locking gate in conjunction with door alarms on all doors leading out towards the pool from the house.