E. Family note: what we learned about water safety

Dear families,

This week our class practiced four water safety habits: **Stop. Stay back. Ask first. Get a grown-up.** Your child learned that water places need a grown-up, including bathtubs, buckets, pools, ponds and the beach. Ask your child to show you the moves!

What grown-ups can do, from national health and safety organizations:

- Watch closely and constantly whenever your child is in or near water, including the bathtub (CDC). For young children, stay within arm's length, which the American Academy of Pediatrics calls "touch supervision" (AAP).
- Never leave a filled, open-top water container unattended, and empty buckets, wading pools and other containers whenever they're not in use (AAP). Young children can drown in as little as one inch of water (California Childcare Health Program).
- Floaties, water wings and inflatable toys do not prevent drowning (AAP). Near lakes and rivers, children should wear a life jacket (AAP).
- A home pool needs a fence at least 4 feet high on all four sides, with a self-closing, self-latching gate (CDC, AAP).
- Swim lessons can help reduce drowning risk, and children who have had lessons still need close, constant supervision (CDC, AAP).
- Learn CPR. CPR skills could save someone's life in the time it takes for paramedics to arrive (CDC).

Practice at home: before bath time or a trip to a pool or beach, ask, "What do we do near water?" Your child can answer, "Stop, stay back, ask first, get a grown-up."

These lessons did not teach swimming, and they do not make any child safe near water alone. A grown-up watching is what keeps children safe.

Teacher: _____ **Class:** _____

Sources: CDC Preventing Drowning (cdc.gov/drowning/prevention); AAP HealthyChildren.org, Drowning Prevention for Curious Toddlers and Swim Lessons; California Childcare Health Program, Prevent Drowning (cchp.ucsf.edu). Checked October 12, 2026. From the WaterWiseKids Pre-K Water Safety Package, version 1.0, waterwisekids.com/educators/