

5 LIFE SAVING WATER SAFETY TIPS EVERY PARENT SHOULD KNOW

Brought to you by Olga Hyland – Survival Swim Instructor & Author of *Floating for Survival*

1. Always Stay Within Arm's Reach

Even if your child can "swim," never assume they're safe on their own. Stay close enough to touch them at all times, especially in pools, bathtubs, or open water.

2. Teach Them to Float First

Floating is the #1 water survival skill. It allows your child to breathe, rest, and wait for help if they fall in. Practice calm, starfish-style floating regularly.

3. No Water Play Without an Adult Present

Drowning can happen in seconds and often in silence. Always designate a focused "Water Watcher" during swim time. Never rely on floatation devices or older siblings as supervision.

4. Lock Up All Water Hazards

Buckets, bathtubs, inflatable pools, even toilets can be deadly. Empty tubs after use and secure pool gates, doors, and drains. Install childproof latches and alarms where needed.

5. Enroll in Survival Swim Lessons Early

Children as young as 8-9 months can begin learning to float, breathe, and recover in the water. The earlier the training, the stronger their instincts.

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Stay calm. Float first. Safety always.