

# In deep water



“I felt like the worst Mum in the world when my daughter nearly went under in the bath. I’d just nipped out of the bathroom for a second to grab a towel and she’d slipped down the bath onto her back. She was having a whale of a time but if she’d fallen forwards instead it makes me shudder to even think about it.”

Most babies and small children who drown, drown at home in the bath or in the garden. **Babies can drown** in as little as 5cm of water.

## Baths

- Stay with your baby or young child when they’re in the bath and pull the plug as soon as you’re finished
- Bath seats can be a great help but they’re not safety aids – don’t leave your baby alone in one, even for a moment.

## In the garden

- Empty the paddling pool after use
- If you have a pond, turn it into a sandpit, fence it in or cover it while your children are small. Be alert to drowning risks when you visit friends and family.

## Out and about

- Keep children off inflatables when an orange windsock is flying at the beach - a wind blowing off the land can make the sea look flat, calm and safe but it can quickly sweep inflatables out to sea
- At the beach, teach children to swim between the two-coloured red and yellow flags – these mark the areas patrolled by lifeguards
- Remind kids not to swim in canals and rivers – there are many hidden dangers, like strong currents, deep water and objects in the water they can’t see.

## Find out more and share

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[www.facebook.com/ChildAccidentPreventionTrust](https://www.facebook.com/ChildAccidentPreventionTrust)

Visit the safety advice section of the Child Accident Prevention Trust website:

[www.capt.org.uk](http://www.capt.org.uk)

# Drowning

Children drown silently so parents won't necessarily hear any noise or struggle.



## Activity ideas

- Babies can drown in as little as 5 cm of water. To demonstrate this, draw three lines, one at 2cm, one at 5cm and one at 10 cm. Ask parents to tell you which one they think a child could drown in, and use a doll in the bath to illustrate the point – it's a great way to entertain the children while talking to the adults.
- Paddling pool box - leave this out on your table to engage parents in a discussion about the importance of always emptying the paddling pool after use.
- Babies can drown in as little as 5cm of water. Help drive this message home to parents by asking them to think about where their child might come into contact with water in their garden and home.
- Find pictures of different types of water, such as canals, ponds or lakes, and encourage children to come up with ideas about what dangers could be lurking.
- Get ready for summer. Hold a session about beach safety to get parents and children thinking about steps they can take to make their summer holidays safe.

## CAPT resources for your event

- How safe is your child at home? leaflet
- How safe is your child in the garden? leaflet
- Babies leaflet
- Toddlers and up leaflet
- 5-7s top safety tips leaflet
- 7-11s top safety tips leaflet
- Keep your baby safe booklet
- I'm only a baby but... booklet
- Now I can crawl I can... booklet
- Now I'm a toddler I can... booklet
- Now I'm getting bigger I can... booklet
- As I grow and change I can... booklet

Available from CAPT's online shop  
[www.capt.org.uk/shop](http://www.capt.org.uk/shop)

## Useful links

Visit the CAPT website [www.childsafetyweek.org.uk](http://www.childsafetyweek.org.uk) to access the free Beach Safe download for children and other useful resources.

The Danger Age is a short video that highlights three common drowning risks to young children:  
[www.almt.org/the-danger-age-video](http://www.almt.org/the-danger-age-video)

For beach safety visit the RNLI's website [www.rnli.org/safety/respect-the-water](http://www.rnli.org/safety/respect-the-water)

For advice on water safety, visit the Royal Life Saving Society's website  
[www.rlss.org.uk/water-safety/water-safety](http://www.rlss.org.uk/water-safety/water-safety)