



6 Water Safety Tips

What You Need to Know to Keep Your Child Safe Around Water



Introduction



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↙ As parents and caregivers, your number one priority is your child's safety, especially around water. I've taught children and adults how to swim for over 12 years, and I can tell you firsthand that water safety starts with you, and it's essential to begin early.

Teaching water safety can be intimidating and overwhelming. This guide is designed to keep things simple and empower you with practical tips to protect your child in and around water.

Take your time—it's a journey! Every small step gets you closer to helping your child feel safe and confident in the water.

#1 NEVER ASSUME SOMEONE ELSE IS WATCHING THE KIDS

↘ Why This Matters

Accidents happen in seconds, even in shallow water. Many parents assume that pool floats, lifeguards, nearby adults, or other children make their child safe, but nothing replaces direct supervision.

↘ Pro Tip

Establish a Water Watcher by designating one adult to be the water watcher for a specific amount of time. Hire a lifeguard for parties. Drownings happen in seconds and are often silent. Be diligent.

↘ Action Step

Always stay within arm's reach of your child, even if they can swim a little. Be intentional about setting aside distractions like phones or conversations when you're watching your child in the water. Your full attention could make all the difference and save a life.

#2 TEACH CHILDREN TO RESPECT THE WATER

↳ Why This Matters

Water can be fun and exciting, but it's also powerful. Teaching kids to respect the water helps them develop healthy caution without creating unnecessary fear. It's about striking the balance between curiosity and safety.

↳ Pro Tip

Make pool safety fun! Make it a habit to talk about pool rules. Create a fun call-and-response game where you say, "What's rule #1?" and they reply, "Never swim alone!" Reinforcing these lessons regularly helps them stick.

↳ Action Step

Explain pool rules like "no running" and "always wait for an adult" in a calm, simple way. Remind them often, even if it feels repetitive. Rules might seem obvious to adults, but kids are learning from scratch.

#3 TEACH WATER SAFETY SKILLS EARLY

↳ Why This Matters

Knowing simple water safety skills can save lives. Even infants as young as 6 months can learn foundational techniques that improve their chances and help keep them safe in an emergency.

↳ Pro Tip

Incorporate key safety phrases like “swim to the wall” into your practice. Practice getting your child's face wet and floating every time you are in the water. Practice these skills in the tub too.

Acclimate your children to the water as soon as possible. You can start as young as two months old.

↳ Action Step

Start by teaching basic skills like holding their breath, kicking, and floating with assistance. Progress at a pace that feels comfortable for both you and your child.

#4 STAY COOL AND CONFIDENT

↳ Why This Matters

Kids mirror your' emotions. If you're calm and positive around water, your child is more likely to feel the same way. Conversely, visible anxiety can make them hesitant or scared.

↳ Pro Tip

Take a deep breath and remind yourself: it's a journey. If you stay patient and positive, your child will follow your lead. Remember, progress takes time, but it's always worth it.

↳ Action Step

Show enthusiasm for water activities, even if you're secretly nervous. Practice confidence-building phrases like, "You're doing great!" or "Let's try it together." Celebrate every step forward, no matter how small.

#5 AVOID LIFE JACKETS AND PUDDLE JUMPERS IN THE POOL

↘ Why This Matters

While life jackets are necessary in open water, they're not intended for pools. These devices create a false sense of security and can hinder your child's ability to learn critical swimming and survival skills.

↘ Pro Tip

Use tools like pool noodles or small kickboards sparingly and only as temporary aids. Always stay close to your child and provide hands-on support as they learn. Remember, safety is about supervision and skill-building—not gear.

↘ Action Step

Instead of relying on flotation devices, work on building your child's comfort and independence in the water. Focus on skills like floating, kicking, and holding their breath.

↘ What You Should Know About Puddlejumpers

Puddle jumpers position your child in a vertical position, which can make it harder for them to learn proper swimming techniques. Over time, kids often develop a reliance on the device, making it challenging to transition to swimming without it.

↘ What To Use Instead

Spend time in shallow water where your child can build confidence and practice breath-holding. Practice floating on their back, jumping into the pool, and returning to the edge.

#6 POOL SECURITY

↳ Why This Matters

A secure pool area is one of the most effective ways to prevent accidental drownings. Even if your child has learned to swim, having a safety barrier can help reduce the risk of unexpected falls or wandering near the water unsupervised.

↳ Pro Tip

- Install a fence around your pool that is at least 4 feet high with a self-closing, self-latching gate. Ensure that the gate is out of reach of small children.
- Remove any poolside toys or objects that might attract your child to the water when you're not actively supervising.
- Install an alarm on the pool gate or around the pool area that sounds if someone enters the pool space.

↳ Action Step

- Make sure everyone in your household knows how to operate the safety features and regularly checks them to ensure they're in good working order.
- Reinforce the importance of always closing gates behind you and never leaving a pool area open or accessible to children.
- Teach your child to respect pool boundaries by setting clear rules, such as no swimming without an adult present.

Tools That Teach

These are the most used toys and tools I use to help teach children how to swim. Each title links to Amazon. You can also find these items are your local sporting goods store.

→ [Backpack](#)

→ [Kickboard](#)

→ [Googles](#)

→ [Mold-Free Toys](#)

→ [20% off Swim Gear](#)



Next Steps to Dive Deeper

Helping your child become water-safe and confident doesn't have to be overwhelming. These five tips are just the beginning. Let's take the next step together!

Here are additional resources for you to thoroughly learn how to teach your child to swim with easy-to-follow, step-by-step directions.



→ The Book

Find my book on Amazon [HERE](#)

→ Courses

Learn more with these courses designed to acclimate your infant to water and teaching your child how to swim.

Check out the courses [HERE](#)

→ In-Person Lessons

If you're in Manatee County, we can swim together. Email me to book a lesson



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