

HFNY Safety Tips

Water Safety

Swim Lessons

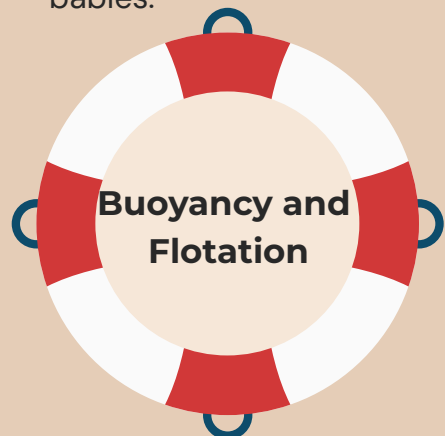
Swimming lessons are important for babies for several reasons:



1. Early swimming lessons can teach infants and young children **essential water safety skills**.
2. Swimming lessons at an early age can **help reduce drowning** by introducing water safety concepts.
3. It helps babies to become familiar with the water, **promoting confidence and comfort**.
4. Swimming offers an opportunity for babies to engage in a full-body exercise that **enhances overall physical development**.
5. Swimming provides an opportunity for parents or caregivers to **bond with their babies**.

Life Jackets

Life jackets, also known as personal flotation devices (PFDs), are crucial for ensuring safety of babies in and around water. Here are three reasons why life jackets are important for babies:



Supervision

It is essential for babies to be supervised in the water because they are at a higher risk of accidental drowning. Supervision ensures safety and reduces the risk of accidents.

Five effective ways to supervise a baby in the water:

1. Constant supervision
2. Stay within arm's reach
3. Learn CPR (Cardiopulmonary Resuscitation)
4. Use appropriate flotation devices
5. Childproof the pool area



Watch for Temperature

Ensure the water temperature is suitable for your baby, ideally between 32–37°C (90–99°F). Cold water can be uncomfortable and potentially harmful to a baby's health.

Gradual Introduction to Water

Gradually introduce your baby to water in a controlled and calm manner. Start with shallow pools and gentle baths, allowing them to get comfortable over time.

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