



5 Tips to Keep Kids Water Safe While They Learn to Swim



Be Patient & Reassuring

New experiences can be frightening for any child.



Start Early & Practice Often

Children can begin learning to swim as early as age 1 to adjust to the water and learn safe boundaries.



Practice the Basics

Proper breathing, kicking and strokes are key elements of swimming.



The Right Tools Can Make a Difference

Certified learn-to-swim equipment can help swimmers learn to be safe in the water and feel confident with adult supervision.



Keep Learning Separate from Play Time

Have designated times for swim practice (just 15-20 minutes) that are separate from regular pool recreation.



Learning how to swim can reduce the risk of drowning by 88% among children 1-4 years old.

(National Institutes of Health)

