



### Suggestions for making your badge:

- Print a copy of this onto card stock.
- Trim out the badge with scissors, cutting along the outside line.
- Using a hole punch make two holes in the top corners.
- Use a cord or ribbon to make a lanyard to hang this badge around your neck.

## Water Safety Tips

### Swimming Pools:

- Never let children swim alone—not even for a minute.
- Install a gate around your pool to keep kids away from the water when you are not around.
- If you don't have a gate, install a top lock on your doors.
- Establish “pool rules” and enforce them (no running, no pushing, etc.).
- Make sure all flotation devices are Coast Guard approved.
- Don't rely on floaties to keep children safe. They are designed primarily for fun, not water safety.

### Outdoor Water Safety:

- Make sure your children always wear a life jacket when on any type of watercraft—no matter how strong of a swimmer they are.
- Always check the water conditions before letting your children swim in outdoor bodies of water. Pay attention to any cautionary signs or check with the lifeguard beforehand.
- Never operate any watercraft—with or without children on board—while under the influence of alcohol, a controlled substance or medication that may cause drowsiness.

### Water Parks:

- Make sure your children meet all requirements for a ride before letting them participate.
- Double-check that there is a lifeguard stationed at each ride.
- Impress upon children the importance of following any rules or safety guidelines recommended for a ride.

***Most importantly, set an example! Make sure you and other adults, follow these rules as well.***

For more information about Our Children's House at Baylor, call 1.800.4BAYLOR or visit us online at [BaylorHealth.com/OurChildrensHouse](http://BaylorHealth.com/OurChildrensHouse).

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