

This folder may save the life of your child.

Every year children die from drowning because their parents were not paying attention. Keeping your eyes open is just as important as a swimming certificate.

I wasn't paying attention.....

"It was in the summer. We were in the park. The children were playing in the field nearby while we sat on the grass talking. Then we heard children screaming. Our eldest son aged 8 came running towards us and told us we had to come quickly. I jumped up and immediately thought about my 5-year-old daughter. I was afraid she had fallen into the lake in the park. I ran over there. When I arrived I saw some people looking at something lying in the grass. It was my daughter. Someone was trying to give her artificial respiration. Then things happened very quickly. The ambulance arrived and the nurses carried on trying to resuscitate my daughter. At the hospital I was told things were not looking good. After an hour the doctor came and told me that she would live. It was only then that I was able to cry with relief."
Mother, 28 years old.

0-4 years

Babies are most at risk of drowning when they are in the bath.

For children aged 1 to 3 years it is dangerous to be near a pond or ditch.

Did you know that....

- if young children die, it is usually from drowning?
- young children usually slip silently under the water and drown quickly?
- you cannot teach children under 3 years about what is good or bad or dangerous?
- you should always keep a close eye on your child, even if the child has followed a course for becoming accustomed to water?

Is your child safe in or near water?

Complete the test!

- Wherever I am, I always look to see if there is any water nearby
- I *never* let my child out of my sight
- My child (0-2 years) is always close enough that I can touch him or her
- I am always near my child (3-4 years)
- When I am watching my child, I am not doing anything else; even if the doorbell or phone rings, I always stay with my child

- I always make arrangements with other parents about who will keep an eye on my child
- I do not allow older brothers or sisters to look after my child

Have you ticked all the boxes? Then you understand how dangerous it is for your child to be in or near water. If you have not ticked all the boxes, then read this leaflet again or go to the website www.veiligheid.nl.

5-8 years

Children between the ages of 5 and 8 years are most at risk of drowning when they are in or near a swimming pool or a lake.

Did you know that....

- you should also keep an eye on your child even if he or she has a swimming certificate?
- children from 5 to 8 years usually have some idea about what is and what is not allowed?

Is your child safe in or near water?

Complete the test!

- Wherever I am with my child, I always look to see if there is any water nearby
- If my child is younger than 7 years, I always make sure that I can see him or her at all times, even if my child has a swimming certificate
- I always make arrangements with other parents about who will keep an eye on my child
- I do not allow older brothers or sisters to look after my child
- I make it absolutely clear to my child what is and what is not allowed

Have you ticked all the boxes? Then you understand how dangerous it is for your child to be in or near water. If you have not ticked all the boxes, then read this leaflet again or go to the website www.veiligheid.nl.

9-12 years

Children between the ages of 9 and 12 years are most at risk of drowning if they are in or near a swimming pool, a lake or the sea.

Did you know that....

- children in this age group do not yet have a strong enough sense of danger?
- children like to hear their parents tell them clearly what they are allowed or not allowed to do?

Is your child safe in or near water?

Complete the test!

- Wherever I am with my child, I always look to see if there is any water nearby
- I always know where my child is
- I always talk with my child about what he or she is allowed and not allowed to do
- I always keep an eye on my child if he or she does not have a swimming certificate

Have you ticked all the boxes? Then you understand how dangerous it is for your child to be in or near water. If you have not ticked all the boxes, then read this leaflet again or go to the website www.veiligheid.nl.

What should you do if your child accidentally ends up in the water?

- Get your child out of the water if you can swim. If you cannot swim, call for help immediately.
- If your child has not lost consciousness, wrap him or her in a blanket. If you do not have a blanket, use a coat or something else to keep your child warm.
- If your child has swallowed water, take him or her to a doctor or the hospital. Your child may experience breathing problems later on.
- Call 112 if your child is unconsciousness. Or ask someone else to call 112. Your child needs to be resuscitated. Resuscitation means giving artificial respiration and strong pressure to the chest. If this does not work properly, look for any obstruction in the mouth. Clean the mouth. Put your

child on his or her side if resuscitation fails and there is no one around who can do this. It will help water to drain out of his or her mouth.

Other important tips

- A pond in the garden may be dangerous. You could turn it into a sandpit instead.
- Once your child is 5 years old, take him or her to have swimming lessons.

If you want to know more about what you can do to prevent your child from drowning, go to www.veiligheid.nl. You will find information about “water wings”, swimming lessons, currents in the water and much more.