



PARENT HEALTH BULLETIN

JUNE 2009

WALLY CAT UPDATE



Hello Wild Cubs and Wild Cats Parents,

As always, I would like to thank all of my Wild Cat and Wild Cub parents who allow their children to keep sending me emails and poems for the Wally Cat Spring Poetry Contest.

I was so impressed with the poems, I could not help but let out a Wally Cat "Hooooooooooweeel!" All of the poems I read were absolutely wonderful. They were so good I could not decide a winner.

Sample poem:

Spring maybe wet and spring maybe dry, but some days are perfect, just up in the sky. The clouds are puffy, the sky's a light blue, then, the sun sets, right on cue. – Mariah I.

THIS MONTH'S TOPIC:

PREVENT DROWNING

Keep your children safe when near water

Now that the weather is getting warmer, many of you will allow your children to participate in swimming activities at a local pool or lake. Wally Cat wants your child to be safe in the water at all times.

Did you know it only takes as little as 1 inch of water or other liquid to drown an infant or young child? Among children ages 1 to 14, drowning is the second leading cause of unintentional injury-related death. Childhood drowning can

happen in a matter of seconds and most often occurs when a child is left unattended or unsupervised for even a brief moment.

Most drowning occurs in residential swimming pools and in open water. However, because an infant or young child can drown in as little as 1 inch of water, wading pools, bath-

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CONTINUED: WATER SAFETY

tubs, buckets, diaper pails, toilets, spas, and hot tubs can be also be dangerous to small children.

WATER SAFETY TIPS FOR PARENTS AND GUARDIANS

- Never leave an infant or young child alone in the bathtub or a swimming or wading pool. Bathing seats and flotation devices are not a substitute for your attention.
- Leave toilet lids down and do not leave young children alone in the bathroom without your direct supervision.
- Empty ice chests, immediately after use, keep lids closed, and store out of a child's reach.

Childhood drowning can happen in a matter of seconds and most often occurs when a child is left unattended or unsupervised for even a brief moment.

- Enclose wells, open pot-holes, and irrigation or drainage ditches with a fence or other barrier to protect your child.
- Never leave a child alone in or near a pool not even for a second. An adult should be within an arm's length of a child at all times.
- Separate your house from your pool with a fence. Young children who drown in pools frequently wander out of the house and fall into the pool.
- It is recommended that a fence, at least 4 feet high, be installed around all sides of a home pool.

- Rescue equipment like a shepherds hook or life preserver and telephone, should be kept by the pool at all times.
- It is recommended that parents learn CPR to be prepared for an emergency.
- Air filled flotation devices are not a substitute for Coast Guard approved life vests.



- After children are finished playing in the pool, remove all toys so that they will not be tempted to go in the pool for them.
- Once children are done swimming, secure the pool area so that they cannot get back into it.

Remember even if your child knows how to swim this does not mean that they are safe in water!

SOURCES:

- <http://www.aap.org/family/tippool.htm>
- http://usa.safekids.org/tier3_cd.cfm?folder_id=540&content_item_id=1032
- <http://children.webmd.com/tc/protecting-your-child-from-drowning-hazards-topic-overview>
- <http://www.uscg.mil/hq/cg5/cg5214/pfd-lights.asp>

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