



Safety in the home - Water safety

Child Accident Prevention Trust (CAPT) says “At home, younger children are most likely to drown in the bath or garden pond. It’s important for parents to understand the risks of babies and young children being left alone, even for a moment. They may get no warning that something is wrong, as babies drown silently in as little as 5cm of water.”

Water safety in the home

- Make sure you have everything you need close to hand (towels, nappies etc.) when you’re giving your child their bath.
- If the doorbell or phone rings, take your baby out of the water, wrap them in a towel and take them with you to answer the door or call.
- If you use a bath seat for your baby, the CAPT website advises that “bath seats are great for supporting your baby in the bath but they’re not safety aids - a baby shouldn’t be left alone in one even for a moment as they can slip out”.
- When running your baby’s bath, always run the cold water first and then top up with hot water.
- Check the temperature of your child’s bath before letting them get into the water. Your baby’s bath should be 37°C to 38°C, which is around body temperature. If you’re not using a thermometer, a quick way to check is to use your wrist or elbow rather than your hand to gauge the temperature. The water should feel neither hot nor cool.
- Remember to empty the bath water straight after use.
- Don’t leave uncovered bowls or buckets of water around your home or in the garden – even small buckets of water can pose a danger to your child.
- Don’t rely on another child to watch your baby while you leave the bathroom as they will not be able to understand the danger.

[More information on Page 2](#)

For additional Parent Tips see www.ihv.org.uk

The information in this resource was updated on 01/06/2022 as part of suite of Parent Tips on safety in the home with support from the Child Accident Prevention Trust (CAPT) who we thank for the use of their resources.

Whilst we have taken every care to ensure the content of our resources is accurate and peer-reviewed at time of publication, evidence and advice may change over time. Therefore, please always exercise your own judgement. The iHV does not warrant or guarantee the accuracy or completeness of the information and cannot accept liability for use of our resources. Should you doubt the accuracy of any of our content, please contact us: info@ihv.org.uk

Safety in the home - Water safety

Water safety outside the home

- If you have a garden pond, fill it in or securely fence it off while your child is small.
- Be aware of ponds at other people's homes too. The NHS website recommends that you "Make sure your garden is secure so that your child cannot get into neighbouring gardens, where there may be ponds or other drowning hazards." Drowning in a neighbour's pond is a regular occurrence.
- Always remind siblings and other adults about not leaving young children near a pool (paddling or swimming).
- While paddling pools are fun to use in the summer, you should always supervise young children when they're playing in their pool. Always empty the water immediately after use.
- Please be aware that water butts for storage of rain water are also a hazard for children and should always have a secure lid on them.
- Hot tubs are a hazard for children as they are deep and slippery and should always be securely covered when not in use.
- Take care around swimming pools when on holiday. Never leave young children alone near a pool. If there is a swimming pool cover available where you are staying, do be sure to use it. Some villas and holiday homes also have gates around swimming pools which should be used at all times to stop your child accessing the pool.
- If you are at a beach, look out for the red and yellow flags where lifeguards patrol and it is safe to swim or paddle.
- Be aware that inflatables can be swept out to sea by an offshore wind. If an orange flag is flying on the beach, inflatables should not be used because it means that the wind is offshore.
- If you have any worries or questions about safety around the home or when on holiday, your health visitor can offer advice which follows current safety guidelines.

More information:

- **Child Accident Prevention Trust (CAPT)** - For more information on child safety, visit: <https://bit.ly/3xk00SK>
CAPT also has some really helpful resources:
 - » **FACTSHEET:** Watch out in water - essential advice for parents on keeping your children safe from drowning: <https://bit.ly/3vJCI7A>
 - » **ACTIVITY:** Staying safe at the beach- What colour flags show that it is safe to go swimming? Colouring-in sheet for beach safety: <https://bit.ly/3vL8CAD>
 - » **QUIZ:** Bathroom safety quiz - tests how well parents can spot the dangers in their bathroom. For adults. <https://bit.ly/3829urM>
- **NHS** - Baby and toddler safety: <https://bit.ly/3KFINX2>
- **RNLI Lifeboats** - Coastal safety: <https://bit.ly/3vLzSiu>
- **Royal Life Saving Society (RLSS)** - Water safety: <https://bit.ly/39GdvCz>

For additional Parent Tips see www.ihv.org.uk

The information in this resource was updated on 01/06/2022 as part of suite of Parent Tips on safety in the home with support from the Child Accident Prevention Trust (CAPT) who we thank for the use of their resources.

Whilst we have taken every care to ensure the content of our resources is accurate and peer-reviewed at time of publication, evidence and advice may change over time. Therefore, please always exercise your own judgement. The iHV does not warrant or guarantee the accuracy or completeness of the information and cannot accept liability for use of our resources. Should you doubt the accuracy of any of our content, please contact us: info@ihv.org.uk