

Swim Safety

(NAPSA)—As summer arrives and you gear up for pool parties, vacation or just spending a relaxing Saturday by the water, it is the perfect time to review important swim safety with your family.

“According to the Centers for Disease Control, drowning remains the second-leading cause of unintentional injury-related death for children,” said Johnny Johnson, president of the Swim For Life Foundation, a nonprofit organization dedicated to swim education. “We want to ensure every parent is armed with important information on how to help keep their child safer in and around the water.”

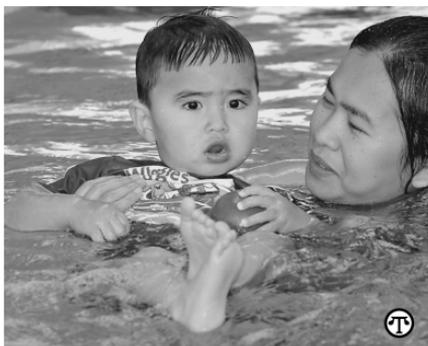
To help spread this important message, Olympic gold-medalist swimmer and mom Summer Sanders has teamed up with the Swim for Life Foundation and Pampers Splashers Swim Pants to provide parents with swim safety tips.

“As a mother of two little ones and someone who loves the pool, I think it is so important to be prepared when it comes to their safety,” said Sanders. “I want my children to enjoy discovering the water, but I also need to ensure they’re safe. Every parent should take time to prepare for a safe swim season.”

Before heading to the pool or beach, review these tips for swim safety:

•**Create a Safe Pool Area:** Border the area with a 60” tall fence that has a self-latching gate. In the areas surrounding the pool, never leave buckets of water, filled wading pools or even swim toys that might attract kids to wander in dangerous areas.

•**Keep an Eye on Little Ones:** Never leave a child unattended near water. Designate a “Water Watcher” to supervise swimmers during parties or gatherings. Never rely on flotation devices as a substitute for supervision. No child is “drownproof,” even



those who know how to swim.

•**Find the Right Swim Teacher:** Ask friends, neighbors and teachers to recommend reputable swim instructors or classes. Visit the swim class before you register to watch how the teacher interacts with other children.

•**Be Persistent with Swim Lessons:** Once you have selected a teacher or class, follow through with swim lessons, even if your child does not enjoy them.

•**Practice Swimming With Your Child:** Each stage of swimming is very important, so be patient and practice with your child throughout. Pushing children before they are ready could discourage them from learning to swim.

•**Use Proper Swim Pants:** Make sure little ones wear snug swim diapers in the water. Traditional diapers can swell up in the water, while swim pants stay secure and protected with every splash and kick. Snug-fitting swim pants help create a great swim experience and are required at many public pools.

•**Further Precautions:** If you own a pool, instruct babysitters on pool safety whenever you’re not at home. Emphasize the need for constant supervision and 911 procedures. Family members should also consider learning CPR and Rescue Breathing.

For more information and a coupon for Pampers Splashers Swim Pants, visit www.pampers.com.