

Infant and Toddler Newsletter

Infant and Toddler Water Safety

Did you know?

- More children ages 1–4 die from drowning than any other cause.
- Drowning happens in seconds and is often silent.
- Drowning can happen to anyone, any time there is access to water.
- And it's the third leading cause of unintentional injury-related death among children 19 and under.
- Children less than a year old are more likely to drown at home in the bathtub or a bucket.

Top Tips

- Watch kids when they are in or around water, without being distracted. Young children can drown in as little as one inch of water, so it's important to keep them within an arm's reach of an adult.
- Empty tubs, buckets, containers and kids' pools immediately after use. Store them upside down and out of children's reach.
- Close lids and doors. Keep toilet lids and doors to bathrooms and laundry rooms closed when not in use.
- Install fences around home pools. A pool fence should surround all sides of the pool and be at least four feet tall with self-closing and self-latching gates.
- Learn CPR and basic water rescue skills. It is important to know how to respond in an emergency without putting yourself at risk.

<https://www.safekids.org/watersafety>

Infant and Toddler Summer Training Opportunities:

Tuesday July 25 6:30-8:30pm (Virtual)

Switch On-Switch Off: Babies and Technology

Saturday August 5 9am –Noon (Wye Mills - ESHEC Location)

More Than Twinkle Twinkle: Using Music with Infants and Toddlers

Thursday September 21 6-9pm (Wye Mills—ESHEC Location)

Loveable Ones



Eastern Shore Child
Care Resource Center

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Let's Look at the Regs!

Regulations are not just rules. They are a guide to help us keep children safe.

COMAR 13A.16.05 Physical Plant and Equipment

.12 Outdoor Activity Area.

F. Any pool on the premises of the facility shall be made inaccessible to children in care and have security features, including but not limited to a:

- (1) Fence that surrounds the pool at least 4 feet in height;
- (2) Self-closing and self-latching mechanism on the gate, door, or access to the pool;
- (3) Lock that is operable and secured; and
- (4) Sensor or alarm in the pool and on the access door.

.13 Swimming Facilities.

- A. Only swimming facilities meeting applicable local standards of health, sanitation, and safety may be used.
- B. An above-ground swimming pool:
 - (1) May not be used for swimming activities; and
 - (2) Shall be made inaccessible to children in care.
- C. A child in care may not use a pool, such as a fill-and-drain molded plastic or inflatable pool.

What's the best age to begin swimming lessons?

Many kids learn to ride a bike and to swim on their own at the same age — often the summer before kindergarten. The American Academy of Pediatrics supports swimming lessons for most children 4 and older.

If you enroll a child younger than age 4 in a swimming program, pick one that requires parental involvement, has qualified teachers and a fun atmosphere, and involves a limited number of underwater submersions. This will limit the amount of water your child might swallow.

<https://newsnetwork.mayoclinic.org/discussion/mayo-clinic-q-and-a>

Rosalie Merryweather

Technical Assistance Coordinator/Infant & Toddler Specialist

Phone: 410-543-6650
rdmerryweather@salisbury.edu



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