



Safety in the home - Water safety

Babies can drown in just 5cm of water. For this reason, it's vitally important to never leave your baby alone in the bath, not even for a moment.

Make sure you have everything you need close to hand (towels, shampoo, 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. The basics:

- If you use a bath seat for your baby, the Child Accident Prevention Trust (CAPT) website advises that "Bath seats are not safety devices. They are not intended for babies to be left in, even for a moment, due to the risk of toppling over and causing drowning."
- 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.

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

The information in this resource was updated on 30/05/2019 and will be reviewed again in 05/2021 and when new evidence becomes available.

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- 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.
- 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 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:

For more information on child safety, visit:

www.capt.org.uk

For further information on accidents in the home, visit:

www.nhs.uk/conditions/pregnancy-and-baby/baby-safety-tips

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