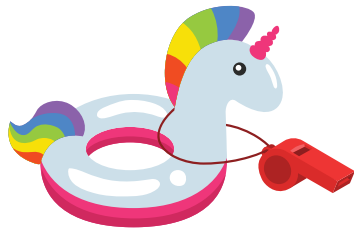




WATER PLAY

Water Safety Tips

Swimming is a fun activity! Sometimes swimming is so exciting that dangerous behaviors may occur. Remember to always have eyes on your child and ensure gates or doors are locked when a pool is not in use.



Add a whistle to any water toy

Whistles can be useful if help is needed in the pool, but your child is unable to speak or ask for help independently.

A life jacket may be necessary if your child can not swim

What if they won't put the life jacket on, or become very upset when wearing it?

Slow introductions paired with positive praise and fun will make them more likely to wear a jacket.

Sun Protection. If your child is...



sensitive to smell

Try scentless sunscreen



enjoys deep pressure

Apply sunscreen using this technique, paired with some praise and hugs



is sensitive to texture

A slow introduction to wearing sunscreen may help. Start out by only placing a small amount on one hand or foot. Provide praise and highly preferred items when they tolerate the sunscreen. Each time, slowly increase the amount of sunscreen.



sensitive to sound

Try lotion, stick-based, or roller based sunscreen.

Shirts, hats, and bodysuits are a great help with sun protection.



WATER PLAY ACTIVITIES



1

Start by having the lid to the bucket, bin or play table shut. This is a perfect opportunity to prompt your child to ask for "help," "open," or "water!"



2

Place at least 3 toys in the water for a fun way to practice identifying preferred items.



3

Model fun pretend activities! "Oh look, the dolphin can swim fast!" See if they can watch and copy you!



4

See if they can finish fun phrases about the activities, such as "ready, set,..." and wait for them to say "go" before you drop the toys in the water!



5

Make sure to provide praise for playing safely and appropriately!

Always remember to empty the container when you are finished. If you cannot empty the container, consider locking the lid to restrict access.