Safety Tips For
Baby Swimming

Never leave the baby unattended while in the water, as babies can drown in as little as bathtub water.

Never leave the baby to float on their backs, as they lack the head control to keep their heads out of water.

Use a life jacket or floatation device appropriate for the baby's age and weight.

Avoid swimming in natural bodies of water, as they can be unpredictable and pose additional risks.

Consider learning infant CPR to stay prepared to respond to a water accident.

Keep holding the baby when not using floatation devices.

Take regular breaks and allow the baby to rest as needed.

Mom Junction