

## **Being a Responsible Parent at the Public Pool**

Parenting at the pool is essential to having a good time for all. These tips will ensure that everyone has a safe and enjoyable day.

Never leave your child unattended under the age of 15 even if there is a lifeguard on duty. Accidents do happen and even the very best life guard may be distracted for a moment. Remember, nobody is responsible for your child's life but you.

Watch for bullying. Your child may be on either end. Be sure that you are there to protect your child or the other child. Do not assume that your child is perfect and incapable of brutality. If you find your child verbally or physically attacking another child, pull your child out of that situation and demand that your child apologize. Its a good idea that you also apologize to that child's parent and explain that it will not happen again. If your child is on the receiving end, pull your child out of that situation and tell the other child to stop. Be sure to tell the parent of that child what happened, calmly, before it gets repeated incorrectly. Bullies at the pool may be dangerous.

Watch your child for potential sunburns. Be sure to apply waterproof sunscreen your child before entering the pool.

Heat exhaustion is very dangerous. Keep your child cool and hydrated with plenty of cool drinks and time outs under the umbrella.

Watch your child for possible dry drowning. Dry drowning is very serious and may happen several hours after the child chokes on a small amount of pool water. To avoid the spread of disease, do not allow your child to attend the pool if he or she has experienced any illness including diarrhea or a rash in the last three days. Also be sure that any children are not potty trained are wearing snug fitting swim diapers.

[www.ehow.com](http://www.ehow.com)