

## Babies and Water - Be There!

Since September is baby safety month, it's a great time to remember how careful all of us who are parents or caregivers must be to protect babies from the potential dangers of water in bathtubs, pools, ponds, etc. The Juvenile Products Manufacturers Association provides the following reminders about water safety in and near the home:

- Maintain constant supervision, regardless of the skills the child has acquired and no matter how shallow the water.
- Don't rely on substitutes. Floatation devices and inflatable toys cannot replace supervision by a parent or caregiver.
- Parents and caregivers should take a CPR course.
- Never leave a container with even a small amount of liquid unattended.
- Store containers where young children cannot reach them. Use safety latches on lower drawers and cabinet doors.
- When bathing your baby...
  - Do not leave the baby unattended for even a second.
  - If you need to leave the room, take the baby with you.
  - Do not use a baby bath seat in a tub with a textured or non-skid bottom - the suction cups may not stick.
  - Never leave a child unattended while filling the bathtub and always empty bath water immediately after use.
  - Fill bath with no more than two inches of warm water.
  - Keep the toilet lid down to prevent access to the water. Consider using a toilet seat lock to prevent children from opening the lid.

(For additional information, visit the JPMA web site at [www.jpma.org](http://www.jpma.org))

The Field Operations and Development Department is proud to announce that HeartPower! - one of AHA's most popular educational resources - is now online. HeartPower! Is targeted to classroom teachers of grades PreK - 8, and all materials are downloadable, printable and free! This is a great resource for teachers, parents, grandparents, etc. Please take a moment to visit the new site at [www.americanheart.org/heartpower](http://www.americanheart.org/heartpower) In addition, please share the information below with your children's teachers and your friends and family. Materials are categorized by curriculum, lifestyle message, format and grade level. They include:

- \* lesson ideas
- \* activity sheets
- \* coloring sheets
- \* games
- \* songs
- \* stories
- \* poems and more
- \* Spanish materials are available for Pre-K through Grade 1
- \* One-color line art, formatted as pdfs, for easy, quick downloading of files

This teacher resource is similar to the elementary education kit and middle school kit sponsored by Jump Rope For Heart and Hoops For Heart.