



Talking About Water Safety: Tips for Parents and Caregivers

Designate a water watcher.

Even with a lifeguard on duty, your family should designate an adult as a “water watcher.” This person is committed to staying nearby and keeping a close eye on your child.

Before getting into the water, have a conversation with your child about who their water watcher is. Your child should always know who is watching them when they are in the water.

If the water watcher needs to step away, even for a few minutes, pick a new water watcher. Be sure to explain this change to your child so they understand who is looking out for them and who is there to help them if they need anything. Make sure that everyone knows any time there is a change in the water watcher.



Talk to your child before heading to the pool, beach, or lake.

Reminding your child about water safety rules when you are at the pool, beach, or lake is important, but being at the pool or beach can cause some excitement and distractions. Try and start your conversations about water safety at home in a calmer environment so that everyone knows the rules before you get near the water.



The rules are here to help keep you safe.

Learn Daniel Tiger’s pool rules together and talk to your child about why each rule is important. For example, there is no running at the pool because someone could slip and fall. The rules are there to make sure we don’t get hurt.



I can stop and show you that I’m listening.

While you are talking with your child about the water safety rules, ask them to stop and look at you so that you know they are listening. You can also ask them to repeat the rules back to you so that you know they are actively listening and learning them.



Stop and listen to stay safe.

Make sure your child knows that when you are at the pool they need to listen to the lifeguard. They might use whistles to get your attention and help you remember the rules.

Talk about the importance of listening to the water watcher, too. Since this person won’t have a whistle, try choosing a special word or a signal that both the child and water watcher can use to get each other’s attention. You can practice using the word or signal with your child in other settings before you get to the pool.



Calming down.

Practice ways to calm down at the pool in case your child gets upset or gets too excited and is struggling to remember the pool rules. Daniel wraps his arms around himself, breathes in, “gives a squeeze nice and slow,” and “counts down to calm down.”

Daniel Tiger’s Neighborhood Rules for the Pool

Follow the rules to stay safe at the pool!

Listen to a grown-up while at the pool! The lifeguard or water watcher will remind you of the rules when you’re near the water.

No running. Slow down when you are around water. The ground is wet and could be slippery. If you run, you might fall and get hurt.

Always ask. It’s not safe to swim alone, so remember to ask a grown-up before you get in the water.

Produced by:



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