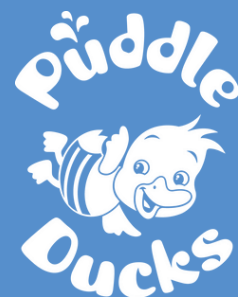


We have loved visiting your nursery today to talk all about water safety. With the warmer weather and holiday season approaching, it's so important to remember how to stay safe around water. At Puddle Ducks we are passionate about water safety, it's a key part of every lesson we teach, and why we also run special events like Pyjama Week three times a year to help children practise these vital skills in a fun and memorable way. Always keep a close eye on your little ones — whether they're in the paddling pool, the bath, a swimming pool, or anywhere else with water. Even shallow water can pose a risk, so constant supervision is essential to help keep your child safe while they enjoy the water.



WATER SAFETY TIP #1



Children will gravitate towards water.

Teach them to never enter the water without your supervision.

WATER SAFETY TIP #2



Always be on the look out for warning signs and learn what the different coloured flags mean at the beach.

WATER SAFETY TIP #3



Stay safe in the sea.

Always stay in a safe depth. Never use inflatables. Beware of rip currents and if caught in one, swim parallel to the shore.

WATER SAFETY TIP #4



Do your research.

For water based activities discover the safety arrangements and whether there is lifeguard cover and ask local people for advice.

WATER SAFETY TIP #5



When away on holiday, keep practicing.

Do the activities and exercises you usually do in class to make your little one a better (and safer) swimmer.

WATER SAFETY TIP #6



Test their safety knowledge.

Use a fun game or quiz to ask your little swimmers what water safety tips they've learned in their lessons during PJ week.

WATER SAFETY TIP #7



Learning through play builds confidence.

Keep our safety tips at the back of your mind and make sure you and your little swimmers enjoy yourselves!



little-vikings.co.uk

Use code **YHEYWATERSAFETY10** for £10 off when you book into lessons for the first time.