



Drowning Prevention: What Parents Need to Know

Before I became a mom, I didn't worry about drowning very much. I was mainly looking out for myself, not any kids at that point. Most of what I knew about drowning came from movies and television. I thought people who were drowning were easy to spot -- they would be bobbing up and down in the water, yelling, and frantically waving their hands around. How could anyone miss those obvious signs?

But when I became a parent and started learning more about the risk of drowning, I learned this wasn't always the case. Sometimes the signs of drowning aren't obvious at all ([source](#)). And that's what makes them especially scary to me.

It can literally take just a few seconds of an adult not paying attention for a kid to fall in the water, for a drowning to occur. And if it is happening right before your eyes, you might not even realize what's going on until it's too late.

Up to half of all kids who drown are less than 25 yards away from an adult when the drowning occurs ([source](#)).



Many times, a person who is drowning can't call out for help. When a child's mouth goes below the surface and then momentarily bobs back up before going under again, they can't call out because they are too busy trying to breathe.

Adults may be on the lookout for a child who is waving for help to indicate they are in trouble. But kids who are drowning are already instinctively using their arms in an attempt to keep their head above water. They can't wave for help -- they are in a fight for their lives.

While many people assume children who are drowning will be loud and drawing attention to themselves, that's not often the case. Often kids won't even seem like anything is wrong to the casual observer. You may just notice the kid is looking up (**source**).

Here are the major signs a child may be drowning, and they may be dramatically different than what you expect.

- There will be no call for help: If you can't breathe, you can't speak or yell.
- You may see their mouths sinking and bobbing back up repeatedly: If you see bobbing going on, you should check on the kid who is doing it. He could be in distress and you might be missing the signs.
- They won't be waving for help: Their instinct is to use their hands to pull their mouths out of the water so they can breathe, not wave for help.
- They won't be able to help their rescuer: They won't be able to call attention to themselves, grab onto rescue equipment, or reach out for a lifeguard.
- They are upright in the water and may not be kicking: If you see a child who is upright and not kicking, along with any of these other signs, get to them as soon as possible.
- The incident happens quickly: A person who is drowning doesn't have much time -- they can only struggle for 20 to 60 seconds before they go under.
- A child isn't making any noise: As every parent can tell you, children who are playing in the water make a lot of noise. If your child can't be heard anymore when she's playing in the water, assume something is wrong.

Remember to always be vigilant with water safety. Know the signs of drowning and always have a safety plan in place around water. Practice arm-length direct "touch supervision" by an adult for infants and toddlers. Supervising adults should be free of distraction from phones, social media, alcohol, etc. Consider CPR training and certification. Keep a cell phone near the water in case of emergency.

Spotlight Story - Jack Rek

By Jon & Audrey Rek



Jack joined our family as our second son in June 2022. At only 1 week old, we could tell he was struggling with feeding and began to search for answers for his lack of development. Luckily with the support of our pediatrician, we were able to plug into Easter Seals by the time he was two months old.

It wasn't until we met Ms. Erika, our SLP, that someone was able to affirm our concerns. She not only gave some answers on what concerns we had but more importantly strategies that his school caregivers and we at home could do to help him make progress.

As Jack was serviced by speech, he developed in some areas but continued to need support in others. OT and PT joined his care team as the months went along.

Our favorite part of Early Childhood Intervention is the true partnership between therapists, caregivers at school, and parents at home. Ms. Erika (SLP), Ms. Heather (PT), and Ms. Kathryn (OT) have been instrumental in helping Jack develop and make progress during his first year of life. They work with him in his daily natural environment at his school but still prioritize communicating with parents so we can continue strategies and activities at home. They work so hard to make sure everyone who cares for Jack is on the same page of where he is now and where he is going next.



Our hope for Jack is that he continues to be happy, feel loved, and make progress. Thank you, Easter Seals, for helping Jack meet all 3 of those goals.



We Are Looking For Spotlight Stories for Upcoming Newsletters

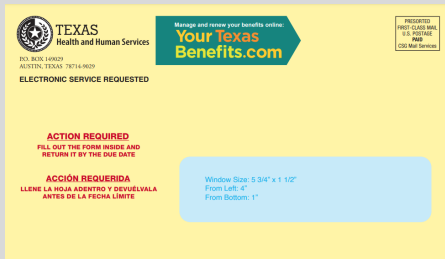


Is Your Child The
next
ECI
SuperStar?

We'd love to share your child's ECI journey!
If you'd like to be featured in the "**ECI Spotlight Story**" segment, click below.

[I'm a SuperStar!](#)

Reminders



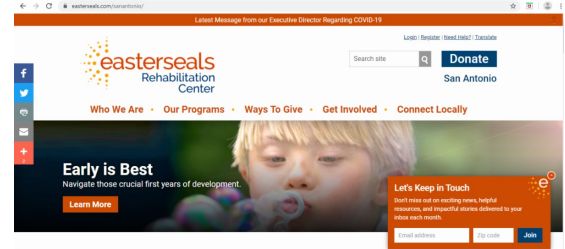
[More Info](#)

Continuous Medicaid Coverage Ending

Beginning **April 1, 2023**, all Medicaid members, including children receiving ECI services, will need to have their Medicaid eligibility redetermined. Medicaid members should look out for renewal notices mailed in an envelope that says "Action Required" in red or sent electronically to members signed up for electronic notices.

[COVID-19 Updates](#)

Check our [website](#) periodically for the latest memos from our Executive Director, Linda Tapia, click on the orange alert bar at the top on the page.



If you are in need help accessing resources, please contact your service coordinator. If you are in need of someone to talk to to help cope with the changes revolving around COVID-19, please contact your service coordinator to reach out to our counseling department. They will follow up with you to help in this critical time.

August Awareness Observations

Thank you to all of our wonderful speech therapists!



Month-Long

- Autoinflammatory Disorders Awareness
- Children's Eye Health and Safety
- Children's Vision and Learning
- Digestive Tract Paralysis (DTP)
- Immunization Awareness
- Neurosurgery Outreach Month
- Never Leave a Child Unattended in a Car, Purple Ribbon Month
- Spinal Muscular Atrophy Awareness

Days

- August 6 - National Wiggle Your Toes Day
- August 7 - Purple Heart Day
- August 8 - Happiness Happens Day
- August 8 - Severe ME Awareness Day (Severe & Very Severe Myalgic Encephalomyelitis).
- August 12 - International Youth Day



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