

## Swimming/Water Safety

- \* Set guidelines for your child's behavior at home and stick to them.
- \* No visitors are allowed while the parents/guardians are not at home.
- \* Equip your child with a cellphone, and program it with your number, 911 and any other emergency contacts, like a nearby neighbor or other family member and make it a habit to go over this information continuously.
- \* Additionally, place those numbers in a prominent location, like the refrigerator.
- \* Teach them the signs of danger, like a door left ajar or an open/ broken window and to never enter the house if they find either. Always call 9-1-1.
- \* Have your child call you to check-in when they arrive home from any outside activity.
- \* Tell your child where you will be, how you can be reached, and when you will return home.

911

- \* Set ground rules for leaving the house, inviting friends, cooking, chatting online.
- \* Tell them to NEVER open the door to a stranger when home alone and when a parent is home always get the parent to come to the door when possible.
- \* Develop a secret password that must be used if someone unfamiliar is picking them up from school or play and never give this password to anyone.
- \* Review what an emergency is with your child and types of emergencies that can occur.
- \* Show your child where the first-aid kit is and how to use the items in it.
- \* With today's current technology, a video surveillance system, **paired with a home automation system**, allows you to check in on your child's safety as needed. It also helps you monitor their behavior while you're away if you wish.

Emergency 9-1-1  
Police Non-Emergency  
713-884-3131

Office of  
Community Affairs  
713-308-3200

For more information  
visit [www.houstonpolice.org](http://www.houstonpolice.org)



# Summer Safety for Kids



# It's SUMMER Time

- \* **Our children** are our future and we, as parents/guardians, need to instill important safety tips and information to them. All children want to have a safe and enjoyable summer vacation while getting energized for the following school year.
- \* In a collaborative effort, let us pledge together to listen, learn and teach our children to be safe and to follow our lead in personal safety. Take the time to talk with your children about personal safety and don't assume your child knows what to do. Read each Safety Tip to them, get feedback and concerns from them and address them.



## Swimming/Water Safety

- \* When choosing a swimming instructor for your child, choose only experienced

qualified instructors. There should be continuous adult supervision any time your child is near water.

- \* Make sure there is a person trained in cardiopulmonary resuscitation (CPR) on site at all times.
- \* Do not allow your child to engage in horse playing.
- \* Diving should not be allowed unless the depth of the water has been determined and there are no underwater hazards.
- \* Use only approved life preservers. Air mattresses, inner tubes or inflatable toys are not dependable life preservers. If these devices deflate, or your child slips he/she could be in serious trouble.
- \* Be extremely cautious while using spas and hot tubs. They can be dangerous for young children who can easily drown or become overheated during their use.
- \* Make sure you are always aware of the weather conditions and do not allow swimming during a lightning storm.
- \* If you have a backyard swimming pool it should be enclosed with high and locked fences on all sides. Check with the appropriate city or state agency to make sure you are following your jurisdiction's laws for the installation of a pool.
- \* If your pool has a cover, make sure it is completely removed before swimming. Your child may fall through the cover and become trapped underneath.
- \* A child should always wear a life jacket when riding in a boat.

## Bike Safety

Bike helmets should fit properly and the straps should always be fastened.

Make sure your seat, handlebars, and wheels fit tightly. Check the tires for right tire pressure.

Wear bright colored clothes and place reflectors on your bike. This will help other people see you.

Wear the right clothes and shoes that fit so that nothing gets caught in the bike chain.

Avoid wearing headphones because the music can distract you and cause you not to notice potential hazards around you.

To learn more about laws dealing with bicycle riding, please visit [www.biketexas.org](http://www.biketexas.org).

## Home Alone

Keep doors and windows locked at all times.

Acknowledge all callers through a locked door.

Never let anyone know you are alone.

Answer all telephone calls and remember to **not** tell anyone you are home alone. Tell the caller your parent is busy and will call back later.

Never display the house key around the home (keep the key concealed).