

LIVING WITH WATER

LAURIE LAWRENCE'S



Illustrated by Murray Charteris

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LIVING WITH WATER

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Created in 2018 by the Kids Alive Do The Five team.
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HIP HIP HOORAY!

Hip hip hooray! Today is the day.
Our new baby is coming home to play.
The family are here, waiting at home.
Let's work together to make this a safe zone.







Water safety checklist:

- Pool fence compliant ✓
- Fence in good repair ✓
- Gate self closing and latching
- Remove climbable objects
- Empty all water containers...
- buckets
- ice box
- splash pool
- water features

We'll sit down together and check off the list,
So no water dangers in our home will be missed.
We should chat to our friends and neighbours too,
About water safety and what we must do.



Let's prepare for an emergency situation,
By taking a course in resuscitation.



Remember the number for your local hero,
Just grab your phone and dial triple zero.





Baby's first bath is fun and exciting,
The water is warm to keep it inviting.
As soon as we finish we must pull the plug,
We wrap baby up with a towel and a hug.





Shower or bath then get ready for bed,
You're nice and clean and have already been fed.
A daily routine keeps family life calm,
Whether we live in the city, the beach or a farm.



As children grow, their interest will peak.
They start to explore and water they'll seek.
It's time to assess the hazards around;
Fishponds, buckets and any water that's found.





Bathtubs and spa baths both pose a threat,

Constant supervision is a family's best bet.

When swimming at home, at the pool or the beach,

Always remember to stay at arm's reach.



We start swimming lessons at our local swim school,

We all should be happy and enjoy time at the pool.

We swim for health, fitness and fun,

But the safety of swimmers will be number 1.



We learn safety skills, to float and explore;

Entries and exits, turning and more.

Kicking and paddling, climbing out of the pool,

We have so much fun, swimming is cool.



Swimming teachers give helpful tips,
To enjoy family holidays and local day trips.
Practising swimming outside the lesson
Enhances your skills with an extra play session.



There are many environments for water play;
Lake, dam, lagoon and open waterway.
Ocean and harbour, river, creek, stream...
So much to enjoy - don't forget your sunscreen!



Read safety signs wherever you go,
Lifeguards will tell you what you need to know.

Kayaks and paddle boards, fun in a boat -
Wear your lifejacket to keep you afloat.



A responsible adult must always supervise,
Siblings may miss things with their little eyes.

Adults are prepared about how to react,
Little ones won't understand the impact.





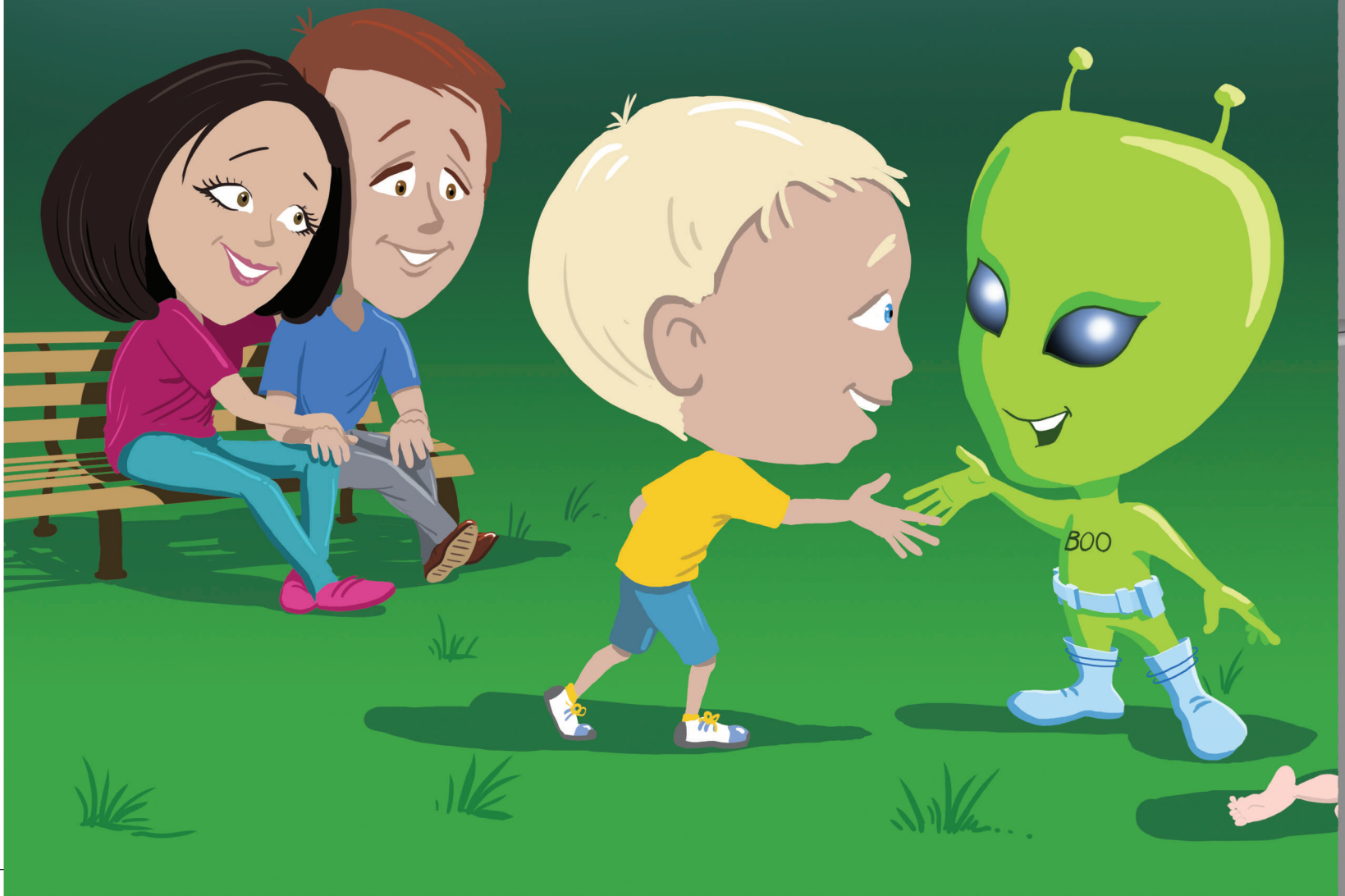
Milestones are reached with much celebration,
The older we get we need more education.
We continue to learn about safety and rules,
At home with our family or with friends at schools.

When learning about safety, we meet some new friends.

Lifesaver Lil and Wise Owl are true gems.

Alien Boo likes to explore,

Goes on adventures and wants to learn more.







The friends travel around to all different places,
Learning about safety is a challenge Boo faces.
The farm and the pool, at home and the beach
Are places we find there are lessons to teach.





www.kidsalive.com.au



There are more great books to enhance education.

Find them online and watch the animation.

Wise Owl and Lil help us along

Through the adventures they teach Boo this song...

Fence the pool

Shut the gate

Teach your kids to swim! It's great!

Supervise watch your mate!

And learn how to resuscitate!



Safety Warnings

- Never leave baby unsupervised in the bath
- Supervise baby within arms reach
- Be in a position to respond quickly
- Ensure you have all bath equipment organised before bathing baby
- Avoid distractions eg. mobile phones, household chores, television, doorbells
- If you leave the bathroom take baby with you
- Empty bath water immediately after use
- Regularly check your home for water hazards
- Nappy bins, buckets, eskies, water play shells all pose a danger
- Backyard swimming pools pose the greatest risk to children under 5
- Ensure pool gates and fences are compliant and well maintained
- Remove climbable objects from pool area eg. chairs, pot plants, play equipment
- Ensure children have a safe play area and are restricted from accessing open bodies of water
- Learn CPR so that you are able to respond in an emergency

Safety Tips

- We want to maintain baby's natural affinity with the water
- Bath time can be a wonderful bonding experience and fantastic for stimulation
- During bath time, look in your baby's eyes, smile, talk, stroke and wash them gently
- Parents may also enjoy getting into a big bath with their baby, this can make it easier to hold and interact with your baby
- The bath can be very relaxing for baby and a wonderful way to lead into a bedtime routine
- Reading is also fantastic to include in your baby's bedtime routine
- Enjoy reading this book with your baby to promote bonding, early literacy and water safety

Suggestions

- If your baby is crying during bath time, remain calm and try to find the underlying problem - Are they hungry, over tired, or uncomfortable with the water temperature?
- You may need to adjust the time that you bath your baby to a time when they are happy, alert and ready for stimulation and play
- Newborn babies can get startled when lowering into the bath water - try to bring their arms together so they feel secure, lower them gently into the water and place their feet at the base of the bath
- Don't rush through bath time as this can make it stressful for both you and your baby
- Enjoy bath and waterplay and have lots of fun together

For more information visit our website www.kidsalive.com.au and download our app.

The Kids Alive Team is proud to present the LIVING WITH WATER book.
Start a positive swimming and water safety journey
by reading this book with children from an early age.



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Children may also enjoy the Boo's Adventure Series.
Join water safety experts Lifesaver Lil and Wise Owl
as they teach Boo about water safety. Books include:

BOO'S ADVENTURES AT HOME
BOO'S ADVENTURES AT THE POOL
BOO'S ADVENTURES AT THE BEACH
BOO'S ADVENTURES AT THE FARM

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