



# Playing it Safe

## You've seen the headlines and know drownings happen. But did you know that Arizona children ages 1 - 4 years are drowning at nearly double the national rate?

Phoenix Children's Hospital can provide free workshops, for parents and caregivers of children ages five and under - including free life jackets for children ages one to five for parents who complete evaluations!

Scheduling is easy - workshops are one hour. Our staff will come to your facility, and don't need tech or AV support. Parents learn stress reduction and developmentally-appropriate strategies for toddler and pre-school age children at the pool.

Evaluations show this program works:

After the workshop, parents understand that children who take swim lessons are still at-risk, and life jackets can reduce this risk.

Parents learn being flexible at the pool helps reduce stress.

After the workshop, parents commit to ask adults who are supervising to set rules at the pool and turn cell phones off to reduce distraction.

**Call 602-933-1712**  
**to register for a**  
**FREE workshop today!**



Delivering water and power™