



Book n Cookin LLC

**Book n Cookin with Miss Robyne
An Interactive Reading, Cooking,
Music and Movement program**

Theme- Water Safety

Book- Water Play The Safe Way

Author- Robyne Friedland

Summary- This is a story about dolphins teaching very important water safety rules. Children learn to never swim alone and to always look before jumping into the water. They also learn to wear a water safety vest when boating or water skiing. Additionally, they learn how to help a friend in trouble- extend a rope or paddle, don't swim to him. Finally, they learned how to help themselves when they are in trouble (Turn and float, give a shout, or use a raft to get out.)

Recipe- Water Safety tubes

Ingredients:

mini doughnuts
Frosting
blue food coloring
mini Swedish fish
Red licorice strings
Tootsie rolls

Directions:

- Mix 1-2 drops of blue food coloring with a tablespoon of frosting
- Spread frosting on top of mini doughnut
- Place 2 fish on the frosting
- Tie the licorice around the tootsie roll 2-3 times
- Hang the other side of the licorice over the edge of the doughnut



Parents Guide to Water Safety

1. **Supervise**- Do not leave your child alone in, on or around the water since accidents can happen in seconds. Don't assume someone is watching your child. Designate someone to watch your child if you can't. Don't rely only on floatation devices to keep your child safe.
2. **Barriers**- Have pool fences closed and locked gates. Make sure you lock all your windows and doors to the house. If you can afford to invest in a pool alarm, you should do so.
3. **Swimming lessons**- Get your child swimming lessons to stay safe. If you can't swim, then you need lessons. Modeling water safety will protect your whole family safer. Make sure to fine tune those skills every year.
4. **CPR**- Take infant/child/adult CPR courses regularly. Accidents don't ask for your permission. Every household needs to be prepared.
5. **Water Safety**- Both you and your child need to know the water safety rules. Never swim alone, look before you swim and dive, wear a safety vest in a boat and help, but don't swim in.

****With these guidelines you will be able to enjoy your time with your child in the water and make sure he/she is safe.**