I am going to the pool!

The pool can be fun. I can stay safe and take care of myself.

Today, I am going to the pool.

I might see lots of people. Some will be swimming and playing.

The pool might be loud. I may hear splashing, laughing, and talking.

If it feels too noisy, I can take a break. I can wear headphones or sit with my grown-up.

I wear the right things to stay safe in the sun: hat, sunglasses, sunscreen, and a towel.

The water may feel cold at first. I can go in slowly.

I stay safe by walking near the pool. I listen to my grown-up and the lifeguard.

I wear a life jacket if I need one. It helps keep me safe in the water.

I can swim, splash, play, or just relax. Everyone enjoys the pool in different ways.

When it is time to leave, I may feel sad. That's okay. I can come back another day. I am proud of myself for trying!

Safety reminders:

- Walk, don't run.
- Stay with my grown-up.
- Listen to the lifeguard.
- No diving in shallow areas.
- Drink water and take breaks.
- Use the bathroom when I need to.

Proud Moments ABA