



Longfellow's WHALE Tales

Water Habits Are Learned Early

Dear Parent/Caregiver,

We are excited that your child is participating in American Red Cross Longfellow's WHALE Tales Water Safety for Children. WHALE is an acronym that stands for Water Habits Are Learned Early. This program has been helping children gain the water smarts they need to stay safer in, on and around the water for more than 25 years.

As a parent/caregiver, you play one of the most important roles in helping your child put what they've learned into action. Here are some ways you can support them in being water smart:

- **Ask them to share:** Talk to your child about what they learned in Longfellow's WHALE Tales and reinforce the importance of following water safety rules.
- **Promote responsible water fun:** Encourage safe water play and always supervise your child during water activities, or arrange for your child to have another capable water watcher supervising them, even if a lifeguard is on duty.
- **Build your water smarts, too:** Are you confident in your own water safety knowledge? Would you know how to safely help in the event of a water emergency? Do you know how to swim? If not, we have a class for you, too! Learn about our water safety training for adults and find swim lessons for the entire family at [redcross.org/watersafety](https://www.redcross.org/watersafety).

Today, ask your child about:

- What it means to them to be water smart.
- Why following the rules is so important whenever in, on and around the water.
- The ways they are counting on you, lifeguards and a water buddy to help keep them safer.

Videos related to the lesson your child did today can be found and viewed together with your child at [redcross.org/watersafetyforkids](https://www.redcross.org/watersafetyforkids).

Sea you by the water!