

Family Beach Survival Sheet

Simple, stress-reducing strategies to help families enjoy Florida beaches safely — and leave on a high note.



Kid-Safe Zone Setup

- Set up near a clear landmark (lifeguard tower, flag, sign)
- Keep towels, bags, and shade grouped together
- Point out nearby landmarks to kids when you arrive
- Stay within sight of lifeguarded areas when available



Lost-Child Plan (Stay Calm)

- Teach kids to stay where they are if separated
- Show them what lifeguards look like before entering the beach
- If a child is missing, notify a lifeguard immediately
- Have a recent photo of your child on your phone

Calm, quick action works best — lifeguards are trained for this.



Snack Timing Strategy

- Snack before kids get hungry, not after
- Plan snacks every 60–90 minutes
- Choose simple, non-messy foods

- Pair snacks with water breaks



Shade Rotation

- Rotate kids between sun and shade regularly
- Use shade breaks as rest and hydration moments
- Midday shade (11 AM–2 PM) is especially important
- Light cover-ups help reduce sun exposure



Leave Early — Without the Drama

- Set expectations before arriving (“We’ll leave after one last swim”)
- End with a positive activity (snack, ice cream, treat)
- Pack up gradually, not all at once
- Leave before kids are overtired or overheated

Leaving on a good note makes kids want to come back next time.