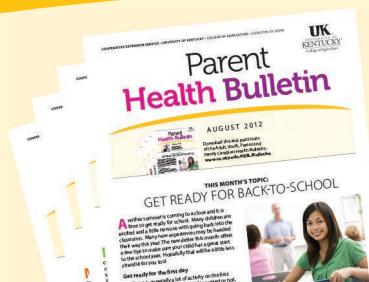


Parent Health Bulletin



JUNE 2015

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THIS MONTH'S TOPIC:

KEEPING KIDS SAFE ALL SUMMER LONG!

Has your child been eagerly waiting for summer? Long summer days can be very exciting for kids. There are lots of opportunities to enjoy the longer days with swimming, biking and just being outside. However, to ensure that your child has the best summer possible, make sure that he or she does not get hurt. Nothing stops summer fun like not being able to enjoy all of those summer activities that we have been dreaming about all winter long!

Swim safety

If your child likes to be in the water, he or she was probably very excited when it finally got warm enough to be in the pool, lake or wherever they like to swim. Swimming is a lot of fun for those who are relaxed in the water but very frightening for those who perhaps are not as comfortable. If your child does like

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When riding a bike, make sure your child is wearing a helmet and that it is strapped on properly.

Continued from page 1

to swim, make sure that he or she always has you or another adult with them. Do not allow them to go swimming without adult supervision. If you are at a pool, you want to read over the rules of the pool with your child and make sure that he or she understands them. You may have to tell your child the rules again if they are not following them. Some of the most common rules around pools are: no running and no diving. But each pool is different, so you will want to read them whenever you get to the pool. If you are going to a lake to swim, make sure to talk about not diving into the lake. It is very hard to tell where the water is deep enough and where it is not. You also may want your child to wear water shoes so that his or her feet are protected against rocks, trash or even fish that may be in the water. If your family is travelling to the ocean this summer, make sure you look for any warnings near the water. Often, there will be notices about the waves and if they are calm or rough for the day. There may also be a notice regarding sea creatures such as jellyfish.

Bike safety

Many kids like to spend the longer summer days riding bicycles. It is much quicker than walking. If your child has a bike, make sure he or she puts on a helmet and that it is strapped on properly every time they get on the bike. Talk to your child about not wearing headphones when on a bike. Headphones can prevent your child from hearing nearby cars or other vehicles. Biking is a great activity for your child, but one accident could lead to them scraping themselves on the cement, breaking a bone or worse!

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Playing in the summer sun

Even if you do not have a swimming location or a great area to bike, getting your child outside is a great idea. There are a few ways that you can keep your child safe and continue enjoying the summer. Make sure that your child wears sunscreen whenever he or she is outside. It is easy to forget to put on sunscreen but a sunburn can be very painful and keep your child indoors for several days after he or she has been burnt. Make sure your child takes breaks throughout the day. Resting for a few minutes in a shady area and drinking some water can help prevent your child from getting too hot. Also, talk to your child about poison ivy. Poison ivy can grow anywhere, so show your child what it looks like and point it out to them if you see it growing in your yard. Make sure to talk to your child about staying safe during summer storms. If there is thunder, instruct your child to go inside or find a place for shelter.

Having a summer full of fun memories is important. Make sure your child can enjoy the fun all summer long by being safe wherever they are.

SOURCE:

Nemours KidsHealth. (2014). *Stay Safe!*
http://kidshealth.org/kid/watch/safety_center.html

Parent
Health Bulletin

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