

Summer Safety Tips

“When someone else’s happiness is your happiness. That is love.”

Lana Del Rey



In the sand, water, and sun...

- Visit a beach with a reputation for being clean.
- If you own a sand box, cover it when it's not in use to keep animals and rodents out.
- Help your child to wash their hands after playing in the sand and take a shower/bath after playing at the beach or in a lake.
- Sand and water reflect the sun so remember children should wear sunscreen when playing outdoors for any length of time.
- All kids, regardless of skin tone, should wear sunscreen with an SPF of 30 or higher that is broad spectrum (protects against both UVA and UVB rays).
- Apply a generous amount of sunscreen and re-apply often. Parts of the body that are commonly missed are hair parts, ears, and feet.
- Stay in the shade or try to avoid being outside when the sun is strongest (usually between 10am-4pm)
- Wear sunscreen even on cloudy, cool or overcast days
- The best protection for babies under 6 months of age is shade. If your baby must be in the sun, dress him or her in light, breathable clothing that covers the body, including a wide brim hat.
- Have your child pick out their own pair of sunglasses to wear to prevent eye damage from the sun
- Kids must be watched whenever they are around water. This includes bathtub, a wading or swimming pool, lake, pond, or even bucket of water. Drowning can occur in less than 2 inches of water.
- Avoid distraction and keep young children within arm's reach of an adult when near water.
- Teach your child to ask permission to enter water or swim and have an adult present.
- Have your child wear a well-fitted life jacket but they do not replace an attentive adult being nearby.

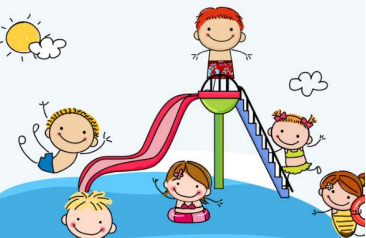
In the car...

- Never leave your child alone in a car, not even during a quick trip to the store
- Keep car doors and trunks locked and keep key fobs out of reach, so kids can't climb into cars on their own
- Create reminders. Place your phone or purse in the backseat when traveling with a child.
- Secure your child in the proper restraint for their age, height and weight. In MN, all children must be in a child restraint until they are 4'9" tall or at least 8 years old, whichever comes first. Keep your child rear-facing as long as possible.
- Be a good example and buckle up yourself, be an attentive driver, and stay off your phone.

Helmets...

- Babies younger than 1 have weak neck structures and shouldn't wear a helmet or travel on a bike.
- Toddlers and children should wear helmets anytime they ride tricycles, bikes, skateboards, scooters, or ride along with parents in carts or seats attached to an adult's bicycle. Their little brains need protection, every single time.
- Remind your child to remove their helmet when playing

Water Safety Songs 🎵 for Kids



<https://bitsofpositivity.com/free-water-safety-songs-for-kids/>

How to get a good helmet fit:

English: <https://www.seattlechildrens.org/globalassets/documents/for-patients-and-families/ce/CE222-bike-and-multi-sport-helmets.pdf>

Spanish: <https://www.seattlechildrens.org/globalassets/documents/for-patients-and-families/ce/ce222s-bike-and-multi-sports-helmets.pdf>

Resources:

- <https://blog.cincinnatichildrens.org/safety-and-prevention/helmets-101-a-parents-guide>
- <https://tinyurl.com/y7y57fk9>
- <https://kidshealth.org/en/parents/sun-safety.html>

Keeping It Positive

<https://tinyurl.com/wbmydvg>

It's hard to feel positive when our kids are driving us crazy. We often end up saying "Stop doing that!" But children are much more likely to do what we ask if we give them positive instructions and lots of praise for what they do right.

- Say the behavior you want to see
 - Instead of "Don't make a mess," say "Please put your clothes away."
- It's all in the delivery
 - Shouting at your child will just make you and them more stressed and angrier. Get your child's attention by using their name. Speak in a calm voice.
- Praise your child when they are behaving well
 - They may not show it, but you'll see them doing that good thing again. This will reassure them that you notice and care.
- Get real
 - Can your child actually do what you are asking them? It is very hard for a child to keep quiet inside for a whole day but maybe they can keep quiet for 15 minutes while you are on a call.



PAPER PLATE SUN VISOR

<https://www.crayola.com/crafts/summer-shades-craft/>

1. Draw a half moon on a plain paper plate and cut it out
2. Decorate your visor
3. Punch holes near both ends and thread a rubber band, elastic or yarn through each hole and know

PAPER PLATE BEACH BALL

<https://www.gluedtomycraftsblog.com/2015/07/paper-plate-beach-ball-kid-craft.html>

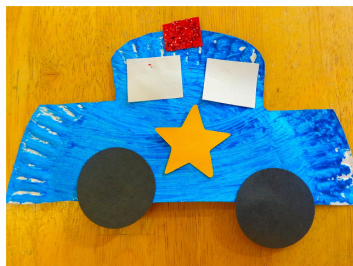
1. Draw a circle in the center of the plate and draw curved lines from there.
2. Have your child tear small pieces of construction paper.
3. Glue the pieces of construction paper into one section of the beach ball.
4. Repeat steps 2 & 3 with other colors of paper



PAPER PLATE CARS

<https://www.gluedtomycraftsblog.com/2015/05/paper-plate-cars-kid-craft.html>

1. Cut the paper plate in half (this will give you two cars!)
2. Decorate the plate with markers, crayons, or paint.
3. Cut out white squares, circles and other shapes to decorate the vehicles.



Body Safety & Boundaries

<https://tinyurl.com/y9o9l72o>

As a caregiver, you should talk openly about our bodies and healthy boundaries with your kids. This helps build a strong bond that will make you the "go-to-person" when they have questions or a situation arises.

So, how do you get this conversation started? If you're feeling unsure, take a deep breath. We promise you feel more uncomfortable than they do! The most important thing to make sure your kids understand that no matter what happens, they can share with you without fear of being blamed and that you will protect them.

- Tell them they can tell you anything & you will believe them
- Use proper names for private parts
- Explain that they can say no to any uncomfortable physical contact, even if it is from someone they like
- Don't force a child to hug or kiss anyone if they don't want to. Suggest a high five or wave instead.
- Tell them it is not okay for anyone to ask them to touch their private parts with any part of their body.
- No one should ever touch them where a bathing suit covers. This is a good visual especially for young children
- No one should ask them to keep a secret. If they do, tell them to tell you.

