

SUMMER SAFETY: ARE YOU KEEPING YOUR KIDS SAFE?

Adapted from SafeKids Worldwide

Teaching your kids the proper ways to remain safe this summer!

We all know how important it is to keep our children safe at all times. Summer is an exceptionally fun time for children to play outside, swim, bike ride around the neighborhood, but can also present more risk for injury during this season. To ensure your kids remain safe this summer, here are some useful tips:

- Make sure your child is always crossing the street at corners, using traffic signals, and crosswalks.
- Teach children that shoving, pushing, and crowding when on the playground can be dangerous.
- "Use your head. Wear a helmet!" Make sure your child is wearing a helmet when riding their bike or playing a particular sport where one is needed.
- Actively supervise children when in and around pools or open areas of water.
- Teach your children to always swim with a buddy. They should never be left alone when near water.
- **WALK-** don't run! Whether they are crossing the street or playing in the backyard, slips and falls can happen anywhere.
- Lotion & Lather!! Protect your child's skin (and your own) with at least a 30spf when in the sun. Always re apply after swimming.
- **HYDRATE!!** Kids are at a higher risk for heat-stroke and dehydration during the hot summer months. Drink plenty of water!!



H2O: When, Why, & How Much Do Your Children Need?

We all know our bodies are made up of a large percentage of water, but what many don't know is that kids are at a much higher risk for dehydration and heat illness compared to us adults. Children have a lower sweating capacity so they produce more heat during physical

activities than adults do. That risk increases on a hot or humid summer day. The heat and lack of water can lead to muscle cramps, heat exhaustion or heat stroke. Each year more than 9,000 adolescents are treated for heat illness in the United

States, so drinking water on a regular basis, before, during, and after physical activities can help prevent those issues.



If there are stressful issues you or your family may be experiencing, remember to utilize your EAP benefit!

Summer can be an exciting, but stressful time for everyone- new changes, new routines, etc.

Call **1.800.300.0628** to schedule an appointment for your **FREE, confidential** counseling sessions with a professional counselor in your area!

Signs of Dehydration

- Dry or sticky mouth
- Few or no tears when crying
- Eyes that look sunken into the head
- Dry diaper for 6-8 hours for infants; 12 hours in older child
- Dry, cool skin
- Lethargy or irritability
- Fatigue or dizziness in older children