

# 8 Kids Summer Safety Tips

The last couple weeks of summer are passing quickly, but here's a quick reminder of summer safety tips to keep the kiddos safe as they make the last few days of summer last (and until they are finally back in school)!

## Stay hydrated

August is a particularly hot and muggy month in the Quad Cities. Be sure to stay on top of the hydration from the get-go. Whether your child is playing in the backyard, or they're going for a swim in the pool, don't let them go too long without taking a drink of water. Heat exhaustion and dehydration can come on fast when temperatures are soaring in the 90s, so be proactive! If your child goes to sports practice or to a friend's house, send them with a bottle of water.

## Wear sunscreen

Just because summer is almost over doesn't mean that the sunscreen can be forgotten! Lather up the kids at least 15 minutes before they go outside for the best protection, and reapply every 2 hours or after swimming -- even "waterproof" sunscreen doesn't last all day!

## Supervise swimming

It may have been a long summer, but continue to keep an eye on your kids when they're at the pool, especially if they are under 5 or are not great swimmers. Have your young children wear floaties or a life jacket to maximize their safety -- and your peace of mind.



## Wear helmets

Helmet's may not be "cool" in the kid world, but they are so incredibly important for protecting their developing brains! Don't cave -- require your kids to wear head protection anytime they are using their bike, scooter, or skateboard.

## Keep out of hot cars

Temperatures are hot enough in the fresh breeze, but your car can surpass those temperatures and get even more dangerously hot quickly. It only takes 10 minutes for the inside of a car to reach 110° in 90+ weather. Do not leave your kids in the car, even if you think you'll only be in the store for 5 minutes. Temperatures get hot fast, and it's simply not worth the risk.

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## Stranger danger and familiar danger talk

Talking to your kids about how to handle unsafe, uncomfortable, and dangerous situations. While it's important to make sure your kids know that talking to strangers is not safe and they should never go somewhere alone with someone they don't know, it's also important they know how to deal with situations involving people they do know. One way to do this is to teach them "No, Go, Yell, Tell." Kids should say no, run away, yell as loud as they can, and tell a trusted adult what happened right away.

If your kids are online, remind them that this rule works the same in the virtual world -- if you don't know the person in "real life", the person on the other end of the microphone is a stranger.

## Make sure your kids memorize important information

In case of emergencies, it is always a good idea for your young children to have certain pieces of information memorized (this is important during the school year too!) Your child should be able to recite a phone number where you (the parent) can be reached at all times, your name (the parent's), as well as a home address. Help them learn this information, and quiz them periodically to make sure they remember.

## Wear insect repellent

Besides the itchiness of their bites, bugs can also potentially carry diseases, so don't skimp on the bug spray! Avoid standing water, as it is a breeding ground for mosquitoes. Additionally, watch out for ticks -- check your kids from head to toe when they come inside, especially if they have been playing in a wooded area. Consult your doctor for bites and bee stings, but also have ointments, bandages, and tweezers on hand to treat bites and stings immediately.

## Stay safe, have FUN, and enjoy the last weeks of summer!

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Originally posted on the Now What? Blog on 7.29.21 The Now What? Blog served for nearly 7 years to

1. Normalize parents seeking support and help as a manner of child abuse prevention
2. Engage community in how they can work to prevent child abuse
3. Work to build resiliency in families through promotion of the 5 protective factors

Maybe you coach a baseball team or you help care for the neighbor kids from time to time. You are investing in the safety and security of the children in our community. Because it truly does take a village to raise our children, we want to offer the tools needed to bring awareness and education to preventing child abuse.

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