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## **June Parenting Tip of the Month...**

# **Summer Fun & Safety**



The official first day of summer is Wednesday, June 21; however, summer fun has already begun! Families are already enjoying spending more time outdoors with the warmer weather and increased amount of daylight. Unfortunately, summer may not be so much fun without some preplanning and precautions to keep children safe.

Here are some summertime safety reminders from the Academy of Pediatrics:

- For babies under 6 months, it is recommended to avoid sun exposure and dress the infant in lightweight long pants, long-sleeved shirts and a brimmed hat that covers their neck to prevent sunburn. If shade and adequate clothing are not available, apply a minimal amount of 15 SPF or greater sunscreen.
- Limit sun exposure between 10 a.m. and 4 p.m. when the ultraviolet rays are most intense.
- Have children wear a 3-inch brimmed hat or a hat with the bill facing forward.
- Provide sunglasses with 97 - 100% protection against both UVA and UVB rays.
- Use a sunscreen of SPF 15 or greater.
- Apply sunscreen every two hours and reapply after swimming and sweating.
- Make sure children drink freely before outdoor activities and have water available while outdoors.
- Designate a "water watcher" when you are in, on or near water. This person should not be distracted with other activities like reading or a cell phone.
- Inflatable swimming aids such as "floaties" should be avoided because they do not substitute for approved life jackets and can give children and parents a false sense of security.
- To avoid leaving your child unintentionally in a hot car, place your cell phone or purse in the back seat as a reminder to check the back seat before exiting the car.



For additional ways to keep your child safe this summer, read the complete article on the American Academy of Pediatrics' website at <https://www.aap.org/en-us/about-the-aap/aap-press-room/news-features-and-safety-tips/Pages/Sun-and-Water-Safety-Tips.aspx>

There are many fun and inexpensive activities to do outdoors with children. Visit our "Outdoor Summer Fun" Pinterest board at <https://www.pinterest.com/ccaks/outdoor-summer-fun/> for some new activity ideas to do with your child(ren) this summer!

**Looking for child care or parent resources?**  
*Don't forget to contact our Referral Center at 785-357-5171,  
877-678-2548 toll free, and select option 1!*

*Child Care Aware® of Eastern Kansas supports the development and learning of young children by offering programs and services that improve the quality and accessibility of child care for working families.*



To contact Child Care Aware® of Eastern Kansas,  
call 785-357-5171 or 877-678-2548 toll free.  
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