

SUMMER SAFETY

TIPS FOR KIDS!



ONE OF THE MOST IMPORTANT JOBS AS A PARENT IS KEEPING CHILDREN SAFE. SUMMER MONTHS CAN BE CHALLENGING WITH CHILDREN OUT OF SCHOOL AND WITH THE INCREASED HEAT. ACCIDENTS HAPPEN TO ALL OF US, BUT SOME ARE PREVENTABLE. HERE ARE SOME GUIDELINES TO HELP KEEP FAMILIES SAFE DURING THE HOT SUMMER MONTHS.

SUPERVISION

Sometimes children want to stay home alone, and it can be hard to gauge when they are ready to take this step. Always consult local state and installation regulations regarding supervision guidelines because every location is different. Other things to consider are the child's maturity level, decision-making ability, and knowledge about what to do in an emergency. Make sure to create ground rules and expectations about safety guidelines for cooking, answering the door, and surfing the internet before leaving children alone.



HEAT STROKE

occurs when the body cannot cool itself down quickly. A child's body heats up five times faster than an adult's. More than half of all child heatstroke deaths occur when kids are unintentionally left in a vehicle. Good parents can and do make mistakes. Always check the backseat before locking the car. Heat stroke can also occur when a child is playing hard but is too dehydrated to sweat. Make sure children are taking breaks and drinking plenty of fluids.



WATER SAFETY

Playing in the water is a great way to enjoy a summer day. Younger children are especially at risk and can drown in as little as two inches of water. Parents should always be vigilant and monitor children any time they are in or near water and never assume other adults present are supervising them.



Contact the **New Parent Support Program** to learn more about safety for young children and the **Family Advocacy Program** regarding local child safety and supervision guidelines.