

Keep Summer Safe & Fun

Kids live for summer!

This season of less rigid bedtime routines, little or no homework, and abundant opportunities to play outdoors is often their favorite.

An important part of keeping summer fun is making sure kids are safe.

You can maintain your child's health and well-being during warm weather months by including the following suggestions in your daily routine:



- ◆ **Never leave young children alone in a car, especially during warm weather months, when temperatures rise rapidly. It takes just minutes for a child to become dangerously overheated.**
- ◆ **When you're traveling with youngsters in tow, make sure they fasten their seatbelts, even for short trips in your neighborhood. In Virginia, children 8 and younger must use a safety seat.**
- ◆ **Always have an adult present, preferably one who can swim, when children are playing in or near water.**
- ◆ **Teach children as young as age two never to play with matches, portable igniters (such as those used to light candles) or with fire. Show older kids how to "stop, drop and roll," or fall to their knees and crawl to safety, if they find themselves in a smoke-filled building where fire may be present.**
- ◆ **Make wearing a bicycle helmet the cool thing to do by allowing your kids to write their names, or a nickname, on the front or sides, or by decorating it with their favorite stickers. They'll feel unique and possibly avoid serious injury.**
- ◆ **Keep a bottle of sunblock near your children's lotion. As they're getting dressed, slather them with both. Sunblock equals skin safety for babies as well as older children. A product with an SPF of at least 30 is always best.**

