

Parenting Tips:

Summer Fun and Safety with Young Kids

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1 Stay Safe in the Sun

Make sure kids have sunscreen on them. It's important. Kids can get sunburned even when it's not sunny outside. Make sure they always have sunscreen on and if you're not sure if your baby can wear sunscreen yet ask their doctor. Hats also help keep the sun off their faces. Also, make sure they drink plenty of water and watch for heat exhaustion (redness, hot, tired). If they are too hot take a break inside, use a cool cloth on their face, and give them lots of water. Call your doctor if you need to.

2 Water Fun

Use a life jacket for young kids, and always stay close in the water. If you can, get swim lessons. You can still have them swim with a life jacket and be safe and be close to them. Even if they can't swim, you can actually teach them how to start swimming and do the motions of swimming so they understand the concept of swimming. You can even do it with babies and have floats to be in the water and that's fine for them and interact with the water that way, just always stay close!

3 Have fun!

It's summer, have fun and be safe. Make your own popsicles. You can use any kind of juice, and put it in ice cube trays with a popsicle sticks, freeze it, and then you have a cold treat. Go to the park! Just make sure kids know the rules about playing safely and staying close to you. Play in your yard if you have one, just tell them to stay away from the road and make sure your gate is closed if you have one.