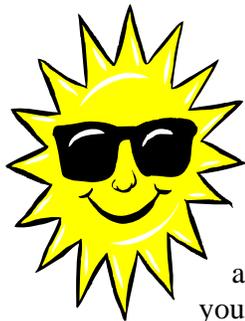


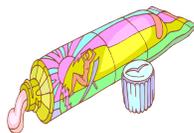
# Summer Safety Tips



Although every day is a good day to play outside, a sunny summer day may be the best day for outdoor play. However, it also brings some safety concerns. The following are things to think about to make your summer play safe and fun.

## Sun Safety

- Avoid extended sun exposure between 10am and 4pm.
- With approval from parents, apply sunscreen SPF 30 before play.
- Because of sensitive skin, infants under 6 months should not wear sunscreen and should be kept in the shade.
- Plan outdoor activities in shady areas. Use umbrellas, awnings and trees for shade.
- Use protective clothing like hats, sunglasses, and light long sleeve shirts.



## Over-Heating

- Limit activity to 15 minutes, if heat index reaches 90 degrees as determined by the National Weather Service, and
- Make sure children are well hydrated before and during play. Water should be available while playing but at least offered, every 20 minutes. Avoid drinks with heavy caffeine and/or sugar content.

## Bug Safety

- Check the play area daily for insect nests.
- Remove standing water.
- With parents' permission, use insect repellent containing DEET (do NOT use on children under 2 months old).
- To remove a stinger, gently scrape with credit card or fingernail. Use cold wash cloth or ice with barrier to reduce swelling.
- After a sting, watch for allergic reaction and get medical help if child has difficult breathing, swelling or severe rash.

## Playground Safety

- Check daily to make sure the area is clean and safe for before play.
- Check for rusty or broken parts that may pinch or trap body parts.
- Check level of ground fill. Make sure the level is deep enough to reduce injury.
- Cover sandbox or rack before play.
- Supervise children at all times.

## Bicycle Safety

- Bikes should be spokeless, capable of being steered, size-appropriate, and in good condition,
- Always use safety equipment, such as helmets and padding, and
- Make sure the riding area is safe, secure and out of traffic.

## Talking Points for Parents

- Get parent permission for use of sunscreen and bug spray. Share your policy.
- Ask parents to apply sunscreen in the morning to help with compliance.
- Share that practicing sun-safe behavior during childhood is the first step in reducing the chances of getting skin cancer later in life.

## Social and Learning Opportunities

- Outdoor play gives children the opportunity for learning in a different environment, and
- Outdoor play encourages children to develop gross and fine motor skills in ways that are difficult to duplicate indoors.

**Resources:** download a playground safety checklist and other sample health and safety policies at [www.iidc.indiana.edu/ecc/res-health.htm](http://www.iidc.indiana.edu/ecc/res-health.htm)  
**American Academy of Pediatrics:** [www.aap.org](http://www.aap.org) or 847-434-4000.  
Information consistent with Caring for Our Children 2002: <http://nrc.uchsc.edu>

