

Summer Safety Tips for Kids

Look inside for:

- Water Safety (English/Spanish)
- Drowning Prevention Tips
- How to Select a Sunscreen (English/Spanish)
- Summer Bucket List (English/Spanish)
- How Much Water Do Kids Need?
- Cucumber Mint Water (English/Spanish)

This resource is meant to **provide** useful, educational materials to daycare providers and parents of young children.



Visit [GetHealthyCT.org](https://www.gethealthyct.org) for more information.



July 2021



Water Safety



There are things you can do to help keep your child safe. Please use this flyer to help you remember what to do.

- Always watch kids in and around water.
- Use fences and other barriers to keep kids away from pools when you're not around.
- Use life jackets when in or near open bodies of water or when participating in water sports.
- Teach kids water safety rules too.

For more information, contact
Safe Kids USA
202-662-0600
www.safekids.org

Safe Kids USA
1301 Pennsylvania Avenue, NW
Suite 1000
Washington, DC 20004

Founded By



Founding Sponsor



Home

- ✓ Never leave the room when kids are in the tub.
- Know that a baby bath seat or ring doesn't keep kids from drowning.
- Empty and turn over all buckets as soon as you are done using them.



Swimming

- Actively watch children when they are swimming. Don't leave, even for a moment.
- Teach kids never to swim alone.
- Don't let kids dive into water less than nine feet deep.
- Know that any child can get in trouble in the water, even if he is wearing a life jacket or has taken swimming lessons.

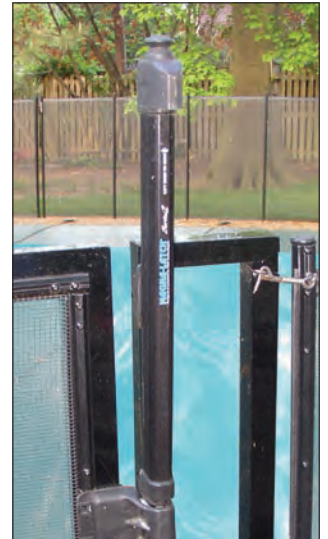


Pools

- ✓ Never leave a gate to the pool open.
- Teach kids to stay away from pool and hot tub drains.
- Make sure kids take swimming lessons when they're ready, usually after age 4.
- Empty and turn over wading pools as soon as the kids are out.



- Use anti-entrapment devices in pools and hot tubs.
- Have a fence at least 5 feet high that separates the pool from the house and yard. Have gates that close and latch automatically.
- Have alarms on every door and window that leads to the pool area.



Open Water

- ✓ Make sure kids only swim in areas designated for swimming.
- Don't let kids dive into natural bodies of water.



- Make sure kids wear a U.S. Coast Guard-approved life jacket anytime when in or near open bodies of water or participating in water sports.
- Don't let kids operate personal watercraft such as jet skis. These are intended for adults and require special training.





DIA INTERNACIONAL DE LA SEGURIDAD ACUATICA

15 DE MAYO

¡Haz tu parte, se listo dentro y cerca del agua!



**Cruz Roja
Americana**

La Cruz Roja Americana quiere que aprendas lo básico para mantener a salvo a tu familia, amigos y a ti, dentro y cerca del agua.



¡Todo empieza con aprender a nadar!

Las clases de natación enseñan las habilidades que necesitas para disfrutar del agua de manera segura.



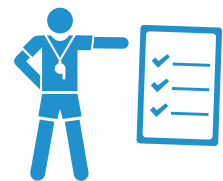
Debes nadar en pareja y permanecer cerca del salvavidas.

Nunca nades solo.



Fíjate bien antes de saltar.

Asegúrate que sea el lugar y momento seguro para nadar.



Sigue las reglas.

Te ayudarán a mantenerte seguro. Siempre obedece a los salvavidas.



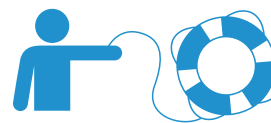
Utiliza tu chaleco salvavidas.

Todos los que se encuentren en el agua deben usar chalecos salvavidas aprobados por la Guardia Costera de los Estados Unidos. Los nadadores sin experiencia deben usarlos dentro o cerca del agua.



No te hundas.

Tienes que saber qué hacer si te encuentras en problemas en el agua. Es importante pedalear y flotar.



Alcanza o lanza, no te acerques.

Alcanza o lanza objetos para ayudar a alguien que se encuentre en problemas en el agua. Nunca entres al agua para ayudar a alguien.



¡Aléjate de los drenajes!

Las tapas de drenaje planas y antiguas pueden crear succión y mantenerte bajo el agua. Átate el cabello hacia atrás y evita la ropa suelta y joyas mientras nadas.

¡Comienza hoy comprometiéndote con *Piscina Segura* en poolsafely.gov!

Para saber cómo inscribirte en las clases de natación de la Cruz Roja y obtener más información sobre seguridad en el agua, visita redcross.org/watersafety.



DROWNING PREVENTION TIPS

Drowning is the leading cause of accidental death of children ages 1-4*

Help us change this statistic. Share the knowledge.

POOL SAFETY

Constant Supervision

It's not a lack of supervision, but a LAPSE of supervision that can put a child at risk.

Water Watcher

At all times, designate someone to be the water watcher. Take 15 minute shifts.

Fences

Install 4-6 ft. pool fences with self latching & self closing gates.

Remove Temptation

Remove all pool toys when not in use and never leave furniture by the pool for a child to climb over.

Learn CPR

Find a local class online. www.heart.org

No Dog Doors

Remove all pet doors.

Add Alarms & Locks

Install high locks & alarms on ALL doors and windows that lead to the pool. Surface and personal immersion alarms are also available.

Check the Pool First

Always check your pool first if your child is missing.



Dress your child in bright colors.

BEACH SAFETY

Check surf conditions before entering the water. Swim in a lifeguard protected area. Teach your child how to survive if caught in a rip current: do not panic, swim parallel to the shore until the current releases them, float if tired.



80% of children under 13 who drowned in boating accidents were not wearing life jackets. ALWAYS wear your jacket.

BOATING SAFETY

Wear a Coast Guard approved life jacket around oceans, rivers, lakes, on a water craft and when participating in water sports. Verify the life jacket you purchased will float your child face up. TEST IT. Ensure your boat has one life jacket of the correct size for each person on board. www.uscgboating.org



If your child loves the water, but does not have the skills to save themselves, then the risk of drowning increases.

photo by www.BrookeMayo.com

SKILL THE CHILD

Select an effective swimming program that will teach your child to roll on to their back and float face up. Floating is a crucial lifesaving technique. Be cautious of programs that ONLY promote water acclimation. These may create a dangerous situation for your child. Check your instructor's credentials.

Drowning takes the lives of 3 children in the U.S. everyday.*

WATER WATCHER BADGE

I agree to supervise the children in the open water or pool, keeping them in sight at all times. I will not leave the water area without finding an adult to replace me and I will take 15 minute shifts.

EDUCATE YOURSELF
SHARE THE KNOWLEDGE



PARENTSPREVENTING
CHILDHOODDROWNING.COM



PARENTS
PREVENTING
CHILDHOOD
DROWNING

*Stats from www.safekids.org

POSTER DESIGN by www.askthinkdesigns.com

How to Select a SUNSCREEN

Choosing the right sunscreen can help reduce your risk of skin cancer and early skin aging caused by the sun.

Sunscreen is an important tool

in the fight against skin cancer, including melanoma, the deadliest form of skin cancer.

1 in 5

Americans will develop skin cancer in their lifetime.



The American Academy of Dermatology recommends choosing a sunscreen that says:

Broad spectrum

Means a sunscreen protects the skin from ultraviolet A (UVA) and ultraviolet B (UVB) rays, both of which can cause cancer.

SPF 30 or Higher

How well a sunscreen protects you from sunburn.

Water resistant or very water resistant

For up to 40 or 80 minutes. Sunscreens are not waterproof or sweatproof and need to be reapplied every two hours or after swimming or sweating.



One ounce of sunscreen, enough to fill a shot glass, is considered the amount needed to cover the exposed areas of the body.

Remember, sunscreen alone cannot fully protect you. In addition, seek shade and wear sun-protective clothing, including a wide-brimmed hat and sunglasses, whenever possible.

To learn more about skin cancer prevention and detection, talk to a board-certified dermatologist or visit [SpotSkinCancer.org](https://www.spotSkinCancer.org).

..... CÓMO ESCOGER UN PROTECTOR SOLAR

Escoger el protector solar correcto puede reducir el riesgo de contraer cáncer de piel y el envejecimiento prematuro de la piel causado por el sol.

EL PROTECTOR SOLAR ES UNA HERRAMIENTA IMPORTANTE

en la batalla contra el cáncer de piel, incluido el melanoma, la forma más extrema de cáncer de piel.

1 de cada 5

estadounidenses tendrá cáncer de piel a lo largo de su vida.



La Academia Estadounidense de Dermatología recomienda elegir un protector que indique lo siguiente en la etiqueta:



• AMPLIO ESPECTRO

Esto significa que la loción protege la piel contra los rayos ultravioleta A (UVA) y los rayos ultravioleta B (UVB), que pueden causar cáncer de piel.

• SPF 30 O MAYOR

Esto indica en qué grado lo protege la loción de una quemadura de sol.

• RESISTENTE AL AGUA

Si bien los protectores solares pueden ser "resistentes al agua" (durante 40 minutos) o "muy resistentes al agua" (durante 80 minutos), no repelen el agua ni la transpiración por completo, y deben volver a aplicarse.



La mayoría de los adultos necesita cerca de una onza de protector, **SUFICIENTE PARA LLENAR UN VASO DE TEQUILA**, para cubrir todo el cuerpo.




SpotSkinCancer.org



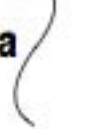
100 fun ideas... Summer BUCKET LIST

- | | | | |
|--|---|--|--|
| <input type="checkbox"/> Build a fort | <input type="checkbox"/> Play dressup | <input type="checkbox"/> Have a dance party | <input type="checkbox"/> Watch the sunrise |
| <input type="checkbox"/> Ice cream party | <input type="checkbox"/> Waterballoon fight | <input type="checkbox"/> Play baseball | <input type="checkbox"/> Send a postcard |
| <input type="checkbox"/> Read 5 books | <input type="checkbox"/> Make S'mores | <input type="checkbox"/> Tell scary stories | <input type="checkbox"/> Build a birdfeeder |
| <input type="checkbox"/> Go for a swim | <input type="checkbox"/> Take fashion pics | <input type="checkbox"/> Paint rocks | <input type="checkbox"/> Play i-spy |
| <input type="checkbox"/> See a movie | <input type="checkbox"/> Play frisbee | <input type="checkbox"/> Make a craft | <input type="checkbox"/> Family sleepover |
| <input type="checkbox"/> Play board games | <input type="checkbox"/> Make a mud pie | <input type="checkbox"/> Color pages | <input type="checkbox"/> Waterballoon baseball |
| <input type="checkbox"/> Paint a picture | <input type="checkbox"/> Ride the swings | <input type="checkbox"/> Play cards | <input type="checkbox"/> Go roller skating |
| <input type="checkbox"/> Make watergun art | <input type="checkbox"/> Have a pajama day | <input type="checkbox"/> Go on a nature hunt | <input type="checkbox"/> Wash a car |
| <input type="checkbox"/> have a picnic | <input type="checkbox"/> Play Hide and Seek | <input type="checkbox"/> Play Twister | <input type="checkbox"/> Play dodgeball |
| <input type="checkbox"/> Go for a walk | <input type="checkbox"/> Make a pizza | <input type="checkbox"/> Make bath bombs | <input type="checkbox"/> Bury a time capsule |
| <input type="checkbox"/> Blow bubbles | <input type="checkbox"/> Have a sleepover | <input type="checkbox"/> Talent competition | <input type="checkbox"/> Help cook dinner |
| <input type="checkbox"/> Jump rope | <input type="checkbox"/> Watch the stars | <input type="checkbox"/> Make a campfire | <input type="checkbox"/> Finger paint |
| <input type="checkbox"/> Fly a kite | <input type="checkbox"/> Play hopscotch | <input type="checkbox"/> Play flashlight tag | <input type="checkbox"/> Make paper airplanes |
| <input type="checkbox"/> Have a pillow fight | <input type="checkbox"/> Have a luau | <input type="checkbox"/> Have a sack race | <input type="checkbox"/> Plant seeds |
| <input type="checkbox"/> Scavenger hunt | <input type="checkbox"/> Make bracelets | <input type="checkbox"/> Watch fireworks | <input type="checkbox"/> Have a puppet show |
| <input type="checkbox"/> Start a journal | <input type="checkbox"/> Eat whipped cream | <input type="checkbox"/> Sleep in a tent | <input type="checkbox"/> Build a sand castle |
| <input type="checkbox"/> Treasure hunt | <input type="checkbox"/> Have a relay race | <input type="checkbox"/> Make slime | <input type="checkbox"/> Help make dinner |
| <input type="checkbox"/> Play basketball | <input type="checkbox"/> Make a music video | <input type="checkbox"/> Do a good deed | <input type="checkbox"/> Go to the library |
| <input type="checkbox"/> Hula hoop | <input type="checkbox"/> Play laser tag | <input type="checkbox"/> Make play dough | <input type="checkbox"/> Shaving cream fight |
| <input type="checkbox"/> Go on a bike ride | <input type="checkbox"/> Race RC cars | <input type="checkbox"/> Eat a snow cone | <input type="checkbox"/> Ride a scooter |
| <input type="checkbox"/> Dance in the rain | <input type="checkbox"/> Play volleyball | <input type="checkbox"/> Make tie-dye shirt | <input type="checkbox"/> Build a puzzle |
| <input type="checkbox"/> Make popsicles | <input type="checkbox"/> Indoor marathon | <input type="checkbox"/> Science experiment | <input type="checkbox"/> Have a diy spa day |
| <input type="checkbox"/> Family movie night | <input type="checkbox"/> Have a bubble bath | <input type="checkbox"/> Draw on sidewalk | <input type="checkbox"/> Pool noodle fight |
| <input type="checkbox"/> Camp indoors | <input type="checkbox"/> Obstacle course | <input type="checkbox"/> Run thru sprinklers | <input type="checkbox"/> Make a memory jar |
| <input type="checkbox"/> Stay up all night | <input type="checkbox"/> Catch fireflies | <input type="checkbox"/> Make brownie dough | <input type="checkbox"/> Watch movie outside |

Actividades de Verano

☐ hacer burbujas 

☐ saltar a la cuerda


☐ volar una cometa 


☐ hacer campamento en el jardín

☐ pintar piedras

☐ mirar las nubes 

☐ trepar un árbol

☐ escribir un cuento 

☐ hacer una pizza 


☐ hacer un espectáculo de títeres

☐ lavar el carro

☐ hacer galletas 

☐ andar en bicicleta 

☐ dibujar con tiza 


☐ hacer una búsqueda del tesoro 


☐ regar plantas 

☐ jugar al escondite

☐ ir al parque

☐ jugar al Frisbee

☐ hacer limonada 


☐ ir a la biblioteca 

☐ hacer maracas

☐ jugar en los columpios

☐ ir en canoa

☐ hacer helado casero

☐ jugar boliche 

☐ ordenar tu cuarto


☐ hacer plastilina

☐ comer sandia 

☐ hacer una piñata

☐ jugar al Monopolio

☐ ir al zoológico

☐ jugar al fútbol 

☐ hacer un picnic

☐ pintar con los dedos 

☐ jugar al minigolf

☐ darles de comer a los patos

☐ jugar con globos de agua

☐ escribirle una carta a un amigo 

☐ nadar

☐ ver un desfile

Water: How Much Do Kids Need?

Water is one of the body's most essential nutrients. People may survive six weeks without any food, but they couldn't live more than a week or so without water. That's because water is the cornerstone for all body functions. It's the most abundant substance in the body, averaging 60 percent of body weight. It helps keep body temperature constant at about 98.6 degrees Fahrenheit, and it transports nutrients and oxygen to all cells and carries waste products away. Water helps maintain blood volume, and it helps lubricate joints and body tissues such as those in the mouth, eyes and nose.



How Much Water Do Kids Need?

The daily amount of water that a child needs depends on factors such as age, weight and sex. Air temperature, humidity, activity level and a person's overall health affect daily water requirements, too. The chart below can help you identify about how many cups of water your child or teen needs each day. These recommendations are set for generally healthy kids living in temperate climates; therefore, they might not be exact for your child or teen.

The amount of water that your child or teen needs each day might seem like a lot, but keep in mind that the recommendations in the chart are for total water, which includes water from all sources: drinking water, other beverages and food. Fruits and vegetables have a much higher water content than other solid foods. This high water content helps keep the calorie level of fruits and vegetables low while their nutrient level remains high — another great reason for kids to eat more from these food groups.

So how do you apply total water recommendations to your kid's day? As a rule of thumb, to get enough water, your child or teen should drink at least six to eight cups of water a day and eat the recommended number of servings of fruits and vegetables every day. Also, pay special attention to your child's or teen's water consumption when they are physically active. Before, during and after any physical activity, kids need to drink plenty of water, especially in hot weather. The goal is to drink a half cup to two cups of water every 15 to 20 minutes while exercising.

Kids Total Daily Beverage and Drinking Water Requirements

<u>Age Range</u>	<u>Gender</u>	<u>Total Water (Cups/Day)</u>
4 to 8 years	Girls and Boys	7
9 to 13 years	Girls	9
	Boys	10
14 to 18 years	Girls	10
	Boys	14

Data are from Institute of Medicine of the National Academies. Dietary Reference Intakes (DRIs) Tables. Recommended Daily Allowance and Adequate Intake Values: Total Water and Macronutrients.

Reviewed July 2018

Source: <https://www.eatright.org/fitness/sports-and-performance/hydrate-right/water-go-with-the-flow>

Fresh Fruit and Herb Sparkling Water Recipe

Become a mixologist by blending any combination of fruit — sweet or sour — to create refreshing *aguas frescas de frutas* (meaning "fresh fruit water" in Spanish). Popular in many Latin American and Caribbean regions, these fruit drinks are made from pureed fruit and a splash of sparkling water or wine that adds the "fizz." Sipping an agua fresca is a nourishing, vitamin C-rich, low-calorie alternative to store-bought fruit drinks.

Alter this recipe with fruit that is less common to you — guava, mango, papaya or passion fruit — or use more common types — berries, lemon, lime, oranges, peaches or pineapple. You can involve kids, too. Let them mix and match to create their own recipe.



Ingredients

8 ounces fresh strawberries, hulled, or other berries
1 cup cubed ripe melon (cantaloupe, Crenshaw, honeydew, watermelon)
2 cups ice cold water
¼ cup fresh lemon juice
2 tablespoons finely chopped fresh basil or mint leaves
2 tablespoons sugar, or to taste (optional)*
Ice cubes
8 ounces club soda, tonic water or sparkling wine
Lemon slices, for garnish
Basil or mint sprigs, for garnish

Directions

1. Combine strawberries, melon, water and basil or mint in a blender. Whirl to liquefy. Allow mixture to sit for 5 minutes to allow basil or mint to infuse fruit puree with flavor.
2. Pour into a 1-quart pitcher. Add lemon juice and sugar, as desired. (If sugar is added, stir to dissolve.)
3. To serve, put ice into four glasses. Pour fruit mixture over ice. Add 2 ounces tonic water, club soda or sparkling wine to each. Garnish each glass with lemon slices and basil or mint.
4. Serve immediately. Pureed fruit may settle.

Cooking Note- *Sweeten to taste if desired, depending on sweetness of fresh fruit.

Nutrition Information

Serves 4- Calories: 35; Calories from fat: 0; Total fat: 0g; Saturated fat: 0g; Trans fat: 0g; Cholesterol: 0mg; Sodium 20mg; Total carbohydrate: 9g; Dietary fiber: 2g; Sugars: 6g; Protein: 1g

Reviewed January 2014 Roberta Duyff, MS, RD, FAND, is author of Academy of Nutrition and Dietetics Complete Food and Nutrition Guide and 365 Days of Healthy Eating.

Source: <https://www.eatright.org/food/planning-and-prep/recipes/fresh-fruit-and-herb-sparkling-water-recipe>

Cucumber Mint Water

8 Servings

Ingredients

- 8 cups of **water**
- 1 small **cucumber**, washed and thinly sliced
- ¼ cup fresh **mint leaves**, thoroughly washed



Nutrition Information

Serving Size: 1 cup

Calories: 0
Total Fat: 0g
Saturated Fat: 0g
Protein: 0g
Sodium: 5mg
Carbohydrates: 1g
Added Sugar: 0g
Fiber: 0g

Instructions

1. Pour 8 cups of water into large water pitcher. Place the thin slices of cucumber and mint leaves in the water.
2. Cover, refrigerate and enjoy!

Agua de Pepino y Menta

8 Porciones

Ingredientes

- 8 tazas de **agua**
- 1 **pepino** pequeño, lavado y partido en tajadas delgadas
- ¼ taza **menta fresca**, lavada



Información Nutricional

Tamaño de Porción: 1 taza

Calorías: 0
Grasa Total: 0g
Grasa Saturada: 0g
Proteína: 0g
Sodio: 5mg
Carbohidratos: 1g
Azúcar Agregado: 0g
Fibra: 0g

Preparación

1. Vierta 8 tazas de agua en un pichel grande. Coloque el pepino y la menta en el agua.
2. Cubra y refrigere. Disfrute!

