

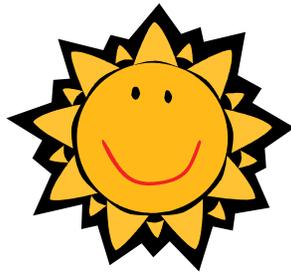
Summer Safety Tips - 2010

Ah, SUMMERTIME! Months filled with more hours outdoors, lots of great exercise and health benefits, opportunities to create special memories . . . **and increased risks for children** that unfortunately go hand-in-hand with the best of the season. These must be taken seriously, but as long as we are aware of the risks and follow proactive measures, summertime can be a safe time for the children in our care.

The following links will help you get full enjoyment from summertime while preventing harm to children.

- ☀ The [American Academy of Pediatrics](#) offers summer safety tips on many topics (swimming, sun, heat stress, bugs, bikes, scooters, boats, lawn mowers, and more). Each topic links to a more detailed discussion. The information is also available in Spanish.
- ☀ Watching the weather is part of a child care provider's job. This [Child Care Weather Watch](#) is a guide to appropriate conditions and cautions for outdoor play at various ages.
- ☀ Check this site from the North Carolina Department of Environment and Natural Resources for [daily reports on ozone levels](#) in your part of the state.

- ☀️ This study spells out in detail the [dangers when children are left alone in hot cars](#). Overheating can cause death within even very short periods of time. The site includes safety recommendations for parents and caregivers to help them avoid such a tragic accident. It offers fact sheets in both English and Spanish.
- ☀️ [Safe Kids USA](#) offers practical tips to help prevent the tragedy of a child left alone in a hot car. A short YouTube video makes very clear the dramatic temperature rise that happens quickly and sometimes fatally in a closed vehicle.
- ☀️ [Five Truths About Children Who Drown](#) is a reminder from Safe Kids USA that there are predictable but preventable risks for children around water. Awareness of these will help you keep children safe around pools, lakes, boating and other wet summer fun activities.
- ☀️ Safe use of insect repellent for children is a special concern in the summer months due to diseases carried by ticks and mosquitoes. The [Centers for Disease Control](#) addresses the issues with clear information and suggestions. Some additional resources are linked to this article.
- ☀️ [Healthy Kids, Healthy Care](#) has many links to health and safety tips. The home page links to a Spanish version of the site.



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