

# ***PLAYGROUNDS & BIKES***

- Test plastic and metal slides for heat before letting your child go down.
- Practice how to safely walk around swings.
- Be sure you have a properly fitted bike helmet and be a good role model - wear your helmet too!
- Supervise your children - you don't have to hover but having your children in view can prevent many problems.
- Teach your preschooler how to ask to join in another child's play or how to invite someone to join them.
- Visit your future elementary school's playground!

# ***THE GREAT OUTDOORS***

- Use bug spray on exposed skin and clothes. If necessary, spray on your own hands to put on a child's face or other sensitive areas.
- Check for ticks!
- Teach your child how to approach dogs - talk to the owner first, put your open hand out, and never approach a dog without an owner.
- NEVER leave your child in a car (even for a very short period) and keep empty cars locked to prevent kids from climbing in.
- Store mowers/lawn care equipment out of reach of children.
- Write your phone # on your child's wrist when visiting crowded locations (zoo, parades, etc).



MEHLVILLE EARLY CHILDHOOD

PBIS PRESENTS:

# ***ARE YOU SUMMER READY?***

Swimming and playgrounds and biking, oh my! Summer is a time filled with fun, but these activities can often lead to injuries or harm for young children. Here are some tips for a fun AND safe summer!!

## ***SWIMMING AND SUN***

Take turns with other adults being the "kid watcher" in or around any kind of pool. Wear a life jacket or flotation device at the beach or in the lake, but still supervise closely!

Apply sunscreen before you leave home or when putting on swimsuits to avoid forgetting or a poolside battle.

Keep a small bottle or stick of sunscreen in your purse or car for unexpected outdoor stops.

Be sure to use the bathroom BEFORE jumping in!

Wear a hat -- or be sure to properly use sunscreen on face and head.

Drink lots of water -- add fruit for fun and flavor.

Schedule activities in the cooler parts of the day (morning/evening) to avoid direct sun.

