

Wear a Helmet!

A bicycle helmet is the most effective safety device available to reduce head injury from bicycle crashes. To be safe:

- Make sure your child is wearing a helmet every time he rides.
- Wear the helmet correctly. It should fit comfortably and snugly. The helmet should not rest on the back of the head, but should protect the forehead.
- Always buckle the helmet straps.
- Wear a helmet that meets safety standards set by the U.S. Consumer Products Safety Commission
- Skateboarders need helmets too!

Babies and the Sun

Protection of your baby's delicate skin is essential. Babies under the age of six months should not be exposed to the sun. Do not use sunblock or sunscreen on children under the age of six months. After six months, WaterBabies is okay. Use only Paba-free sunscreen, and put a hat on your baby.

Got an Itch?

Poison ivy can be everyone's problem. After coming in contact with poison ivy, shower thoroughly with soap and water, washing hair and paying special attention to fingernails and toenails. Use calamine lotion and oral Benadryl for the itching. After the oils have been washed off, a child is not contagious, and they will not spread it to other parts of their bodies or other children. It is also a good idea to washing clothing and shoes, as well as toys and bikes that the child came in contact with. Pets can be carriers of poison ivy, so use caution when petting an animal allowed to roam outdoors.

PLEASE NOTE: If the affected area is large, your child must be seen by a doctor.

Lyme Disease Risk

Keep your family tick-free:

- If you hike or spend a lot of time in wooded areas, you're at risk for tick bites.
- Wear light-colored clothing, long-sleeved shirts, tuck your pants into your socks, and use repellent with DEET.
- Perform spot checks. Once indoors, examine your entire body for ticks, especially around the groin and armpits. And don't forget to check your pets also.

West Nile Virus

It is important to limit exposure to mosquitoes. This means avoiding the outdoors when mosquitoes are most active, the sunrise and sunset hours. Use insect repellent with DEET, but spraying the clothing rather than the skin is safest. Spray necklines as well as the cuffs of lightweight long-sleeved shirts and long pants. The American Academy of Pediatrics recommends that repellents used on children contain no more than 10% DEET. Children must be at least 6 months old to use.

Important Summer Reminder

It is a simple message, but, if ignored, it is a message that can have tragic consequences. **Never leave children unattended in hot cars!** Even on a relatively mild day with temperatures as low as 60 degrees, a closed vehicle can heat up to dangerous levels in minutes. Some people are under the mistaken impression that a few minutes in a hot car won't harm a child. Others mistakenly leave a sleeping child in a car. Still other deaths occur when children playing in a car become trapped. To avoid a heat-related tragedy:

- **Never** leave a child alone in a car, not even for a few minutes.
- Lock your car at all times, even in the driveway or garage, and keep the key in a safe place.
- Watch children around cars, particularly when you are loading or unloading.
- Make sure all children leave the car when you reach your destination.
- **Don't overlook sleeping infants!**

Good Habits for Parents

Buckle Up Your Children

Keep your child safe in a car by using the appropriate car seat for your child: rear-facing for infants, forward-facing for toddlers, booster seats starting at 40 pounds and up until your child is 8 years old or 4'9". Always put children under the age of 12 in the backseat.

Teach Your Children to Swim

Drowning is the second leading cause of injury-related death among kids ages 1 to 14. It's crucial to sign your child up for a water-safety class when he turns 4. At the very least, kids should be able to swim to the side in case they fall in a pool or stream.

Bad Habits for Parents

Scrimping on Sunscreen

Now is the time to start protecting your child against skin cancer. The American Academy of Pediatrics recommends you slather your kids with SPF 15 or higher sunscreen every day. Reapply every two hours, and after swimming or sweating.

Smoking

If you or your spouse smokes, quit today for your child's sake. Children ages 6 and older who were exposed to secondhand smoke, even in small amounts, had lower math and reading scores than kids who were not exposed to smokers, says a large study published in *Environmental Health Perspectives*. **And never smoke in a car with children!**