

Parents and Guardians,

The flowers are blooming, the air is getting warmer, and school will soon be out. Take some time to review basic summer safety skills with your child to help ensure a fantastic summer of fun.

**Sun safety** – Be sure kids are properly protected from the sun. Items such as sunblock, hats, and sunglasses can help protect the skin. It is a good idea to limit exposure to the sun during the middle of the day. Also, be sure kids drink plenty of water to avoid dehydration.

**Water safety** – Whether at the pool or the beach, it is important to follow some basic water safety rules. Kids should always swim with a partner, and have an adult watching nearby. Remind your children to walk (not run) around the pool as the cement can be slippery. Also, an adult should check to make sure the water is deep enough before kids are allowed to dive. There are usually rules posted at public swimming pools. It is a good idea to go over these. Families can work together to create and post pool rules at their home pool.

**Bike, Roller Blade, and Scooter safety** – Kids should always wear a helmet. This is a law in many areas. Check with your local police department for specific laws in your community. Knee pads and elbow pads are also useful for softening the blow in case of falls.

**Outside and Public places safety** – Remind your kids to look both ways before crossing the street. If a ball rolls into the road, it is important to stop and look before retrieving the ball. It is a good idea for kids and adults to keep each other in site when kids are playing in a public area or near a street. When out of site, make sure kids have check in times, and know what to do if they cannot get to you.

**Camping safety** – Campfires are great, but it is important to know the safety procedures before starting the fire. An adult should always start the campfire and be present while it is lit. A lot of planning goes into a safe camp site. Families should have a plan of what to do if they get separated.

Have a wonderful and safe summer.

