

Summer 2022 Safety Guide

Developed by
the Navarro
County Early
Childhood
Coalition



**NAVARRO COUNTY
EARLY CHILDHOOD COALITION**

Healthy - Connected - Ready Kids

Sun Safety

Summer is a time for fun, but it can also be a dangerous time for some families. We want to empower you with important information to keep your family safe this summer.

Make sure to keep your kids safe from the sun by following these tips:

Wear sunscreen!

Even if the clouds are out, apply sunscreen and don't forget to reapply every 2 hours.

Protect your eyes!

Your eyes are very sensitive to UVA and UVB light put off by the sun. Your kids also need to wear sunglasses to protect their eyes from long-term sun damage.

Stay hydrated!

It's so important for you and your kids to stay hydrated to prevent heat related illnesses. Follow these suggestions from the CDC:

1. Drink Before You Feel Thirsty.
2. Go with Water Instead of Sugary Beverages.
3. Keep a Water Bottle with You.
4. Drink 4 cups of water every hour while in the sun.

Prepare for the storm!

It is a good idea to pack an emergency backpack when the weather is still nice and you are not in a hurry. Here are some things you should have packed to be ready for a storm!

 Sturdy shoes will protect your feet from things that may break in the storm and be sharp on the ground.	 Wear a bike or football helmet to protect your head from being hurt by things blowing in the storm.
 A sweatshirt or jacket will keep you warm at night if you don't have a blanket.	 If you need help, you can blow a whistle so people can find you.
 It is easy to get thirsty in a storm. Make sure you have extra water!	 A flashlight will give you light if the power goes out.
 Sometimes storms last a long time, so it is good to have extra snacks to keep your tummy happy.	 Band-aids will cover up small cuts if you get hurt.
 It's okay to keep a friend with you if you are scared.	 You can use a cell phone to call for help.
 You can listen to a radio to learn about what people are doing to help you.	 Pack extra batteries and a cell phone charger to keep your radio, flashlight, and phone working.

www.asi.aaaa.gov

SUN SAFETY

don't forget these essential tips

 Juniors Only use sunscreen for kids - adult sunscreen will irritate skin	 30 mins Time to wait after applying sunscreen before you head out	 Layer Wear a hat, t-shirt, sunglasses - sunscreen is extra protection
 11am - 3pm The sun is at its hottest - be extra careful if you have pale skin!	 2 Hrs Re-apply sunscreen every 2 hrs. 1 eggcup for a whole body	 Circle Matters ALWAYS use sunscreen with the circle 'A' logo

allbeauty

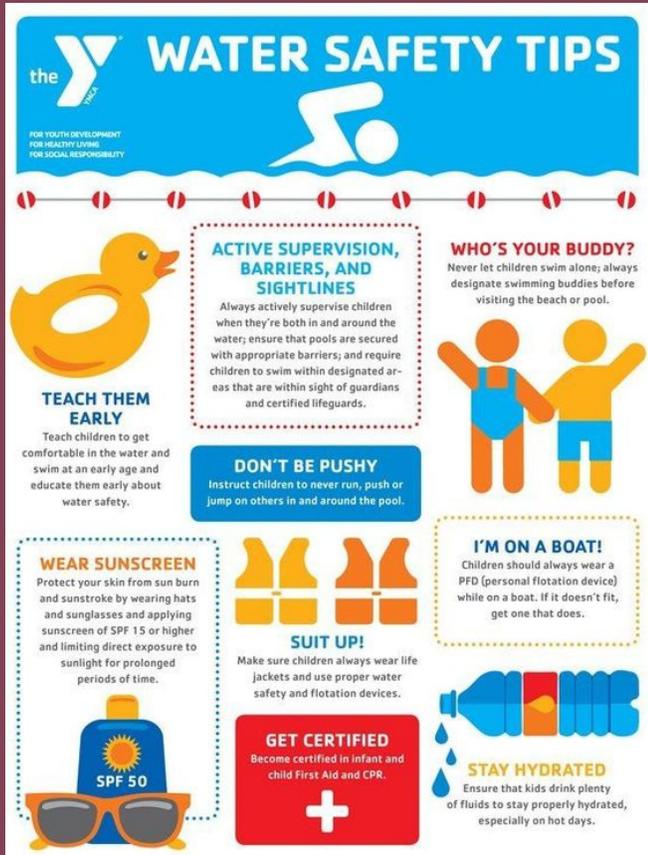
Prepare for Bad Weather!

Summer storms are rolling in! While the sun is shining, take the time to put together an emergency weather kit with your kids to keep in case of an emergency.



Click on any underlined words for links to resources

Water safety



We know you and your family will probably go to a pool or lake sometime this summer. Pools and lakes are so fun but they can also be extremely dangerous places for children.

Water Safety Basics

- **Visual supervision**-Watch children around water. If you are at a party or event, have a rotation of parents who are assigned to watching the pool if a lifeguard is not on duty.
- **Learn to Swim**-All ages should learn to swim.
- **Wear Life Jackets**-Properly fitted life jackets save lives. Make sure you find a lifejacket that is Coast guard approved and fits your child's weight. Do not use floaties or puddle jumpers!
- **Barriers around water**-Restrict access to water, if you have your own pool lock it up and make sure you have a gate.
- **Practice drain safety**-Keep children away from drains. The bathtub can be a dangerous place for children as well. Don't leave your child unattended in the tub.
- **Learn CPR**-CPR can save the life of your child. We recommend that every parent learns CPR. Our local YMCA regularly holds trainings in CPR and AED.

-Taken from [Collin's Hope](#)

We encourage every parent to do 2 things this summer:

- 1) Enroll your child in swim lessons. The [YMCA](#) is offering group lessons throughout June and July and they offer private lessons year round.
- 2) Take the Collin's Hope [Water Safety Quiz](#) and become a Water Guardian.



Car safety

The inside of a car can get hot - even after only a few minutes. A child can overheat quickly, leading to heat stroke, which can cause serious brain damage and death.

Though many states have laws about keeping children in cars safe, caregivers play the most important role in preventing hot car deaths. The majority of hot car deaths occur when a child was unknowingly left in a vehicle or entered into the vehicle on their own.

-From [Help and Hope](#)



Car Seat Resources

Its so important that you have the right car seat that fits the age, weight, and height of your child.

- Check your car seat now with this online car seat checker [here](#).
- You can also find a car seat guide [here](#) that will help you decide what seat is the best for your child.

Driveway Safety

- Before you get in the car, walk around the vehicle to check for children
- Stay close to children around vehicles.
- Don't ever let children play in parked cars or garages.
- Keep keys out of reach.

10 ways to prevent child hot car deaths

1. Never leave a child alone in a car, #NotEvenForAMinute!
2. Always #LookBeforeYouLock and #CheckForBaby.
3. Be extra alert if your routine changes.
4. Put something of your child's, like a toy, on the front seat.
5. Leave an item you'll need in the backseat (e.g. cell phone, purse, or even a shoe).
6. Place your child's car seat in the middle of the backseat rather than behind the driver.
7. Have daycare call you if your child doesn't show up.
8. Discuss this topic with everyone who drives your child anywhere.
9. Teach children that cars are not toys, always lock your car, and leave keys out of reach.
10. Spread the word with hashtags #NotEvenForAMinute and #LookBeforeYouLock.

Visit childrenstrustma.org/nefam for more tools and graphics.



CAR SEAT SUMMER SAFETY HOW TO KEEP BABY COOL

@MommysBundle



Click on any underlined words for links to resources

Home Safety

People don't often talk about it but your home can be a dangerous place for children as well--especially when we are all spending more time than ever at home. Follow these tips to keep your home safe!

Home Safety Basics

- Store household cleaning products safely to prevent poisoning and save the Poison Help number in your phone: 1-800-222-1222.
- Keep all medicine out of children's reach and sight, even medicine and vitamins you take every day.
- Use approved safety gates at the top and bottom of stairs, and attach them to the wall, if possible.
- Make sure there is a working **smoke alarm** and **carbon monoxide alarm** on every level of your home. Test the batteries every month.
- Create and practice a home fire escape plan with your family.
- Use brackets, braces or wall straps to **secure unstable or top-heavy furniture** to the wall.

-From Safe Kids Worldwide

5 HOME SAFETY THREATS you might overlook

You're a careful parent who steers children away from things that could harm them. But hidden threats lurk in every house, sometimes where you least expect them. For safety's sake, look through your home often. Keep an eye out for not-so-obvious hazards. Here are 5 of them:

Solutions

- #### SCALDING WATER

It is common for a home's water heater to be set above 120°F (48.8°C); this can cause a scald burn to a child in seconds. Scalding hot tap water causes **3,800** injuries and more than **30** deaths a year. A lot of victims are young kids.

1 Set your hot water heater to no higher than 120°F (48.8°C), and check the temp of your tap water to ensure it is safe.
- #### UNSTABLE FURNITURE

Each year, **thousands** of young kids are badly injured and some die, when large TVs and heavy furniture tip over on them. Often, the victims were climbing, or pulling themselves up on, or falling against, unstable furniture.

2 Double check the stability of large furniture. Anchor stoves, bookcases, shelves, or bureaus to the wall. Get rid of items that may tempt kids to climb.
- #### WINDOW BLINDS

Hundreds of children have strangled to death after getting tangled up in cords or chains on window blinds. Window coverings sold before 2001 pose the most danger.

3 Secure the cords of older window coverings so children can't reach them. Move cribs, beds, and other furniture away from windows. Use cordless window coverings.
- #### CHEMICAL STORAGE

Since the year 2000, the number of poisoning deaths has **doubled** among children. Many poisons are found in the garage, kitchen or bathroom. They include pesticides, automotive products, weed killers, and household cleaning and disinfectant products.

4 Store harmful chemicals in their original labeled containers safely out of reach. Consider locked cabinets for storage. Never leave chemicals unattended when you are using them.
- #### HOME TRAMPOLINES

Backyard trampolines send **tens of thousands** of people younger than 20 to doctors and emergency rooms each year. Injuries range from sprains, broken bones, and cuts to neck and spinal cord injuries, paralysis, and even death.

5 Avoid use of home trampolines. In gym classes or competitive sports, use a trampoline only with strict adult guidance and supervision.

Franciscan HEALTH FranciscanHealth.org

Indoor Safety

Keep children safe from common hazards.

- 1** Poison, toxic things
- 2** Choking hazards
- 3** Hot things
- 4** Sharp things
- 5** Pinching hazards
- 6** Electrical shock hazards

Don't forget to change out your smoke detector's batteries and get a carbon monoxide detector if you don't have one

Click on any underlined words for links to resources

Gun safety

GUN SAFETY

Does your child know what to do if he or she finds a gun?



STOP — The first step is crucial. Stopping gives your child the time he or she needs to remember all of the safety instructions.



DON'T TOUCH — A firearm that is untouched is unlikely to be fired and otherwise capable of endangering your child or other people.



RUN AWAY — This removes the temptation to touch a firearm, as well as the danger of another person negligently causing it to fire.



TELL A GROWN-UP — Children should seek a trustworthy adult, neighbor, relative or teacher - if a parent or guardian is unavailable.



Some families live with guns in the home and others don't. Learning proper gun safety for kids is key to keeping your children safe whether in your own home or at someone else's. Unintentional and self-inflicted gun injury is the second leading cause of death in the U.S. for children and young adults. Every year nearly 350 children and youth under 18 years of age unintentionally shoot themselves or someone else. Three out of four of those incidents happen in a home.

From Getparentingtips.com

GUN SAFETY and CHILDREN

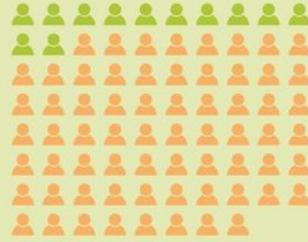
If you own a firearm, the AAP recommends it be **stored unloaded, locked up** (lock box, cable lock, or firearm safe), with the ammunition stored separately.



About **1/3 of the homes with children** in the United States have a gun. Many are stored **loaded and/or unlocked**.



Every day, **78 children,**



teens and young adults are **injured or killed** by guns in the United States.

■ = death ■ = injury

Source: CDC WISQARS database including data for all races, ages 0-21, from 2013-2016.

The risk of dying by suicide is **4 to 10 times higher**

in homes with guns. If you have **a teen who is at risk for suicide**, remove guns and ammunition from your house.



Children as young as **3 years** may be strong enough to **pull the trigger** on a handgun.



The **safest home** for children and teens is one without guns.



 healthychildren.org
Powered by pediatricians. Trusted by parents. from the American Academy of Pediatrics

American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN®



Before your child visits the home of a friend or family member, ask the adults about guns. Find out whether they have guns in the home and if they are securely locked. Don't feel embarrassed about asking! Responsible gun owners should never be offended by questions about how guns are secured in their home.



Children are curious and can find anything. Assume children know where you store your guns and lock them up so they can't get to them.

Click on any underlined words for links to resources