

Summer Safety



*Heat Dangers

Don't allow your child to engage in strenuous play when the heat index tops 90. The heat index may be given as part of your local weather report.

*Dehydration

If you're going to be out in hot weather for a while, make sure your child drinks several ounces of water beforehand. Children who are playing don't respond to their body's needs until they're in trouble.

By the time your child complains of thirst, he could be on the brink of dehydration. **Offer your child something to drink every 30 minutes while you're out**, as well.

*Sun Protection

Every sunburn a child experiences is not only painful but also raises their risk of getting skin cancer, so **it's important to protect a child's delicate skin.** You can do so by covering them up, using **sunscreen of at least 15 SPF** correctly and regularly, and only allowing them to be out in the sun at the safest times of the day (before 10 a.m. or after 3 p.m.).

Resources

<http://www.parents.com/health/sun-safety/protecting-kids-from-summer-sun-dangers/?page=2>