

THE FAMILY TREE

PROVIDING SOLUTIONS. PREVENTING CHILD ABUSE.

Summer is a Fun Time...Make it a Safe Time, Too!

Car Safety

- Never leave a child unattended in a car. **Not even for a minute.**
- Always lock your car and secure the keys so that your kids can't get to them.
- Warn your children about playing in and around cars.
- Get your kids out of the car first, and then unloading the groceries and items out of the car.

Sporting Safety

Dr. David Janda, author of [*The Awakening of a Surgeon*](#) offers the following tips to keep your child safe while playing sports:

- Make sure your child's coaches are trained in CPR.
- All softball and baseball fields should have breakaway bases. When the base is slid into, the top breaks away from the bottom, decreasing the possibility of broken bones or torn ligaments.
- Younger children should train with lighter weight baseballs and softballs.
- Helmets should be mandatory for every family member when biking, skating or riding scooters.
- Routinely monitor your child's sport practices.

Sun Safety

To help protect children from the sun's damaging effects: Remember the sun is strongest from 10 a.m.-3 p.m. Schedule your children's outdoor activities accordingly.

- Make sure children use sunscreen of SPF 15 or greater, even when it is cloudy.
- Make sure children drink plenty of water. Children can become dehydrated. Periodically bring children inside for a rest and a drink especially on hot and humid days.
- Select sunglasses that help screen out both UVA and UVB rays. UV rays may contribute to the development of cataracts. Sunglasses that are close-fitting and have big lenses offer more protection.

Be sure that your kids have a safe and happy summer! Don't let them turn into summer couch potatoes or say "I have nothing to do." Have them come up with their own ideas for adventure and fun – it's easier than you think!

Sources: www.oprah.com; www.parentguide.com; www.nj211.org; www.austinlighthouse.com