

Summer Safety

Drowning Facts

- Drowning is the second leading cause of death for Canadian children. Most deaths of children aged 1 to 4 are in home pools.
- Drowning happens quickly and silently, often the child just slips under the water.
- Many young children drown when they accidentally fall in when they are too close to the water.
- A young child can drown in as little as 5 cm (2 in.) of water in just seconds.
- Supervision is the key to keeping kids safe.

Annual Parenting Conference

Presented by Communities for Kids and
Success by 6
Saturday, October 22, 2011
at Sen Pok Chin School in Oliver
Stay tuned for details.

Keep Children Safe Around Water

- ✓ ALWAYS stay within sight and reach of children that are in or around water.
- ✓ Know how to swim or have children supervised by an experienced adult swimmer.
- ✓ Learn first aid and CPR.
- ✓ Put young children and inexperienced swimmers in certified lifejackets when in, on or around water.
- ✓ Only let children swim where you KNOW it is safe.
- ✓ Always have EVERYONE wear a certified lifejacket when boating.
- ✓ Teach children water safety rules.
- ✓ Install a 1.2 m (4ft) high four-sided fence with a self-closing, self-latching gate around the pool.
- ✓ Make sure children learn how to swim.
- ✓ Never use bath seats.

Sun Safety Tips

Did you know . . .

There are two kinds of ultraviolet (UV) rays from the sun? Both UVA and UVB rays can damage your skin and eyes. The UV index is a measure of the strength of the sun's burning ultraviolet rays. Check your local newspaper, radio station or online weather services for the daily UV index. If the UV index is between 3 and 7, you need protection. If the UV index is higher than 8, you need extra protection.

Why are babies at more risk of sunburn?

Because babies:

- Are not born with a developed skin protection system, so they burn more easily.
- Their outermost layer of skin is thinner and sun burns can be very serious.
- Can't tell you they're too hot or the sun is too bright.
- Can't physically move themselves out of the sunlight

Protect baby's skin by:

- Keeping babies under 1 year old out of direct sunlight
- Dressing babies in comfortable long pants, long-sleeved shirts and broad-brimmed hats
- Keeping playpens, strollers and carriages in the shade

DO NOT apply sunscreen to a baby less than 6 months old.



- ❖ Plan to be outside in the early morning or late afternoon.
- ❖ The sun's rays are strongest between 11:00 am and 4:00 pm. Stay indoors or in the shade during those times.
- ❖ If shade from trees or buildings is not available, use umbrellas or create other forms of shade.
- ❖ Keep children under the age of one out of the direct sunlight.
- ❖ Remember that water, snow, sand and concrete can reflect and increase the sun's burning rays.
- ❖ Skin doesn't have to be hot to burn, so don't be fooled by cloudy or overcast weather.
- ❖ Use a "broad-spectrum" (protects against both UVA and UVB rays) sunscreen lotion or cream that has a sun protection factor (SPF) of 15 or more.
- ❖ Apply sunscreen generously 20 minutes before going out into the sun and reapply 20 minutes after being out. Don't forget lips, ears and nose.
- ❖ Sunscreen comes off with water or sweat. Reapply often.
- ❖ DO NOT apply sunscreen to babies less than 6 months old.
- ❖ Never use baby oil to protect children from the sun. It will NOT protect them.
- ❖ Cover children's heads, necks and ears with a broad brimmed hat.
- ❖ Protect arms and legs with tightly woven, loose fitting, cotton clothing.
- ❖ Children should wear a t-shirt over their bathing suit, and long shorts instead of short shorts
- ❖ Provide children with UVA/UVB protective sunglasses.
- ❖ Practice sun protection year-round – children learn best from your example.

Information sources for this newsletter:
Canada Safety Council at www.safety-council.org
Health Canada at www.hc-sc.gc.ca
Safe Kids Canada at www.safekidscanada.ca

Visit our web site www.communitiesforkids.ca for more great information

Send comments, suggestions, ideas and questions to communitiesforkids@telus.net or call 250-496-5511.
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