



NEWSLETTER

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SUMMER

Shade Play for Infants & Toddlers

Infants and toddlers need daily opportunities to play outdoors. The outdoor play area should include a shady area such as under a tree or in a gazebo, etc.

During outdoor play, guide children to these shady areas often. Infants should be taken there by their caregivers, while toddlers may be directed to these areas to play.

Explain to children that they need some shade time so they can be safe from sunburn and skin damage.

Important: Infants under 6 months of age should not be exposed to direct sunlight or reflected sun rays. Sand, concrete, water, and snow can reflect rays onto infants and children, even under a tree.

www.sunsafetyalliance.org/docs/Children_Activity_InfantToddler.pdf

The Value of Outdoor Play

Nature has a positive impact on children's physical and mental well being. Parents and early educators must design outdoor play environments with the same care and attention paid to indoor environments.

Natural landscapes in the outdoors typically provide:

- ✓ Rich, diverse, multi-sensory experiences;
- ✓ Opportunities for noisy, boisterous, vigorous, physically active play;
- ✓ Opportunities for physical challenge and risk taking that are inherent in the value of play;
- ✓ Rough uneven surfaces with opportunities for the development of physical strength, balance and coordination;
- ✓ Natural elements and loose parts that children can combine, manipulate, and adapt for their own purposes.

www.ccl-cca.ca/childhoodlearning - Click on "Our Products" then click on "Lessons in Learning".

Communities for Kids, in partnership with Success by 6®, engages families and communities in children's healthy early development.

Sun safety tips

Minimize Sun Exposure

- Schedule outdoor physical activities when UV rays are at their weakest - **before 11:00 a.m. and after 4:00 p.m.**, especially between the months of April and October.
- Always keep children under the age of one out of the sun.
- Remember that skin doesn't have to be hot to burn, so don't be fooled by cloudy or overcast weather.
- Remember too that water, snow, sand and concrete can reflect and increase the sun's burning rays.

Seek and Create Shade

- Seek natural shade from trees and buildings.
- Plant trees in school yards and other play areas.
- Use shade umbrellas, or create other forms of shade if natural shade is not possible.
- Keep playpens, strollers and carriages in shaded areas.

Cover Up

Eighty percent of skin cancers occur above the neck.

- Cover children's heads, necks and ears with a broad brimmed hat when outdoors.
- 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.
- Wear UVA/UVB protective sunglasses--children can wear them too.

Use Sunscreen

- Have children use a broad spectrum sunscreen (protects against both UVA and UVB rays) with a sun protection factor (SPF) of 15 or more.
- Apply sunscreen generously before all outdoor physical activities such as swimming, skateboarding, biking or even walking. Remember to apply at least 20 minutes before sun exposure. Reapply often, as perspiration will reduce the effectiveness.

The UV Index

The UV Index is a measure of the strength of the sun's burning ultraviolet rays - the higher the number, the stronger the sun. The daily UV Index forecast is a prediction of the maximum (early afternoon) UV Index for the day.

Sunblocks

Sunblocks are opaque creams which create a physical barrier, blocking or reflecting UV radiation. These blockers can be applied to particularly sensitive areas, such as the nose or tops of ears, for additional UV protection.

<http://www.safety-council.org/info/sport/sunsafet.htm>

Other helpful websites

www.safekidscanada.ca
www.eattogether.net
www.mcf.gov.bc.ca/childcare/index.htm

SAVE THE DATE!

Communities for Kids 5th Annual Parenting Conference
OCTOBER 24, 2009 AT PARKWAY SCHOOL, PENTICTON
Watch for conference information in early September.

Send comments, suggestions, ideas and questions to communitiesforkids@telus.net or call 250-496-5511.
Please feel free to copy and pass along this newsletter

For more great information, check out our web site at

www.communitiesforkids.ca