



Summer Safety

To first time Parents,

At Diapers Unlimited we care about your baby's health, so this newsletter is all about summer safety. In the summer you spend more time outdoors with your baby and that means considering different safety measures. Some things to think about are listed below.

SAFETY TIPS

In the Sun

- Children under 2 – are very vulnerable to sunburn and heat because they have thinner skin and heat up 3-5 times faster than adults. If your baby is too hot, remove all clothing except for his/her diaper. Wet a washcloth with cool water and wipe his/her body with the washcloth to help his/her body to cool down. Baths are even more effective.
- Avoid direct sun exposure and dress infants in lightweight long pants, long-sleeved shirts, and brimmed hats that shade the face and cover the ears and neck. When adequate clothing and shade are not available, apply a small amount of child-safe sunscreen (SPF 30 or higher) to exposed skin. Use a wipe style infant sunscreen for your baby's face –it's hard to keep liquid sunscreen away from your baby's eyes. (see [Green Products](#) listed on our web page and a [related article on sunscreen use](#)).
- Avoid sunburned feet by keeping socks and shoes on your child.
- Dehydration happens very quickly. Keep your child hydrated by giving your baby extra milk or water. With toddlers you can add juice to the list, but water is the best way to hydrate the body.

On the playground

- Dress your child in clothing that won't catch or hook on playground equipment (no drawstrings).
- Some parents purposely choose toddler playgrounds. Older children tend to yell and scream more and run from one play station to the next. Your child is less likely to be accidentally knocked down if he/she is in an age appropriate area.
- Children under 2 shouldn't be climbing anything taller than themselves and there should be a thick soft surface beneath all equipment. Check for sharp edges or screws protruding.

In the water – Drowning Prevention (to learn more see our website link on the “Community – Community Newsletter” page).

- Any time you take a baby into water you will need to securely hold him/her. Pay close attention to make sure he/she doesn't become chilled; this can lead to hypothermia. Once your child is toddling, you can start letting him/her use wings or vests; however, NEVER turn your back on your child in the water (even during a swim lesson).
- Teach your child not to drink the water. Bacteria are common in pools and lakes.
- **Each year more than 800 children drown.** Keep your child safe by actively supervising your child in the water and by not leaving your child alone near water, even if it's only a few inches. Get certified in basic First Aid and CPR. Last, sign up for swim lessons with your child.

At your house/in the yard

- Keep your yard free of things that toddlers can use to climb. Many a toddler has been hurt when improvising a climbing device made from overturned buckets, etc.

- Summer grilling can be fun, but watch out for your toddler. Even when he/she can understand the concept of “hot” you still need to keep an alert eye on him/her around a grill or open fire that is in use or cooling.

FIRST AID – Every parent should know some basic first aid. Invest in a good family medical book (for when the web isn’t available or when you want the information right away). For a recommended list of what you need to make your own **first aid kit** go to <http://kidshealth.org/>

To find local classes for CPR training go to the [American Red Cross Website](#) (follow the link on our website “Community Page – Green Products Page).

Source: Most of this information was adapted from the American Baby (June Issue), “*Summer Safety*” by Ellen Parlapiano

BUGS AND BEES – OH BOTHER!

The mosquitoes have been particularly bad this year, so how do you protect your child from mosquito bites? Use a mosquito netting around your stroller to keep mosquitoes and other insects away from your child. Use a bug spray that contains Deet. According to the [American Academy of Pediatrics](#) and the Centers for Disease Control, *Deet is the most effective ingredient in repellents, but it is not recommended for children under the age of 2 months.* As an alternative, there are several insect repellents on the market that are made from all natural ingredients. See our website for an [article on their effectiveness](#).

Bee stings versus wasp stings offer different challenges. A bee will leave its stinger in the wound, whereas a wasp does not. (See our website for links to an [article on treating bee stings](#))

On rare occasions, a child will have an allergic reaction to an insect sting. This is called anaphylaxis and it can be deadly. Some of the symptoms include: rash over many parts of the body, shortness of breath, wheezing or swollen tongue. If you suspect an allergic reaction, don’t hesitate to call 911.

FUN WITH YOUR BABY/TODDLER

Play Dough Recipe – Kids love Play Dough (and they love to eat it). Our website has a home made “recipe” for all natural play dough that is safe even if your child eats it!! Get out the rolling pin and cookie cutters and have some fun (find the recipe on our website “Community page – Green Products page).

Read, Read, Read – Even infants should be read to. Babies love the sound of their parents voices and respond to the rhythm in many books such as Dr. Seuss. The more you read to your child, the better. The American Academy of Pediatrics highly recommends reading to your child daily. The following link has some great information on the benefits of reading to your infant http://www.readtoyourbaby.com/read_tenbenefits.html.



Websites with more summer safety tips (or follow the link on our web page)

American Academy of Pediatrics <http://www.aap.org/advocacy/releases/summertips.cfm>

My Child Safety -www.mychildsafety.net

Kids Health Organization -<http://kidshealth.org>

NOTES: You can find all Newsletters and their links on our website. **Go to our Community page, then click on “Community Topics and Newsletters”**. Current newsletter topics links are listed at the top of the page. Previous Newsletters are archived at the bottom of the page.

Anyone who would like to suggest topics/issues for us to research and put into a Newsletter, please let us know by sending an email to info@DyDeeBaby.com.