



Early Head Start Caldwell Newsletter July 2017

Early Head Start Program Mission:

- To enhance the growth and development of young children
- To support and strengthen healthy family development and well-being
- To promote healthy prenatal outcomes for women who are pregnant
- To serve children with disabilities and their families

Contact Information:

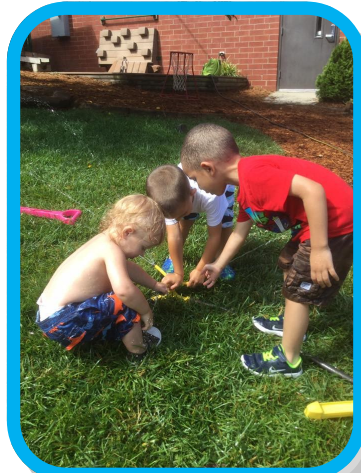
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Reminder:
Reapply
Sunscreen every
30 minutes



In the **summertime**, we spend more time outdoors with our children making wonderful memories. Remember, the heat can be dangerous. Children can easily become overheated and dehydrated, so it's important to keep lots of drinking water on hand. Limit outside play time to either early morning hours before 10:00 am or later afternoon hours after 5:00 pm when the sun isn't as strong.

Water safety

Playing in the water is a great time to engage with your child in fun and exciting activities. Water safety is so important and with summertime here, it's always good to have water safety on your mind! One thing many parents don't realize is that children can drown in as little as a tablespoon of water. This is why supervising children is so important. Make sure children have on sun screen and re-apply often. When playing in water, children should wear floaties or life preservers. Supervising adults should be present and play with children and try not to be distracted by other things and engage in these important experiences since so much learning can take place during water play.



SUMMER SAFETY



WEAR A HELMET!
every bike ride, every time



USE SUNSCREEN!

at least SPF15, 30 min. before going out



WEAR EYE PROTECTION!

when helping with yardwork or mowing



LIFE JACKETS ON BOATS*

*even for really strong swimmers!



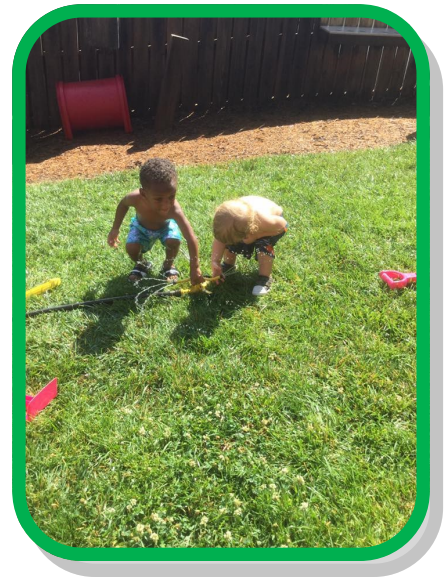
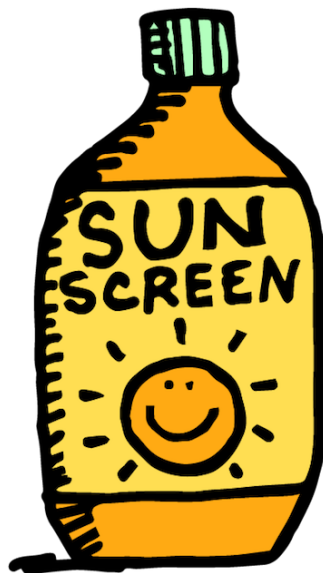
HIKE, BIKE, SWIM, EXPLORE

ALWAYS with a friend, NEVER alone



BEAT THE HEAT!

bring and drink water, wear hats, seek shade, and check for ticks if in the woods



Pool Safety Checklist

TIPS FOR PARENTS

- Watch kids when they are in or around water, without being distracted.** Keep young children within arm's reach of an adult. Make sure older children swim with a partner every time.
- Teach children how to swim.** Every child is different, so enroll children in swim lessons when they are ready. Consider their age, development and how often they are around water.
- Make sure kids know how to swim and learn these five water survival skills:**
 1. Step or jump into water over their head and return to the surface.
 2. Float or tread water for one minute.
 3. Turn around in a full circle and find an exit.
 4. Swim 25 yards to exit the water.
 5. Exit the water. If in a pool, be able to exit without using the ladder.
- Install fences around home pools.** A pool fence should surround all sides of the pool and be at least four feet tall with self-closing and self-latching gates.
- Empty kids' pools after each use.** Store them upside down so they do not collect water.
- Know what to do in an emergency.** Learning CPR and basic water rescue skills may help you save a child's life.

