



Caldwell Early Head Start Newsletter July 2016

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

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Reminder:
Drink lots of water during Summer to stay hydrated!

Summer Safety Tips

Summer is a great time for family fun. Summer holds endless possibilities for fun with so many outdoor activities and sunny weather. Below are several important safety measures to ensure everyone stays safe in and around summer activities.



Water Safety

- Never leave children unattended around water.
- When using inflatable or portable pools, remember to empty them immediately after use. Store them upside down and out of children's reach
- Parents can be prepared for emergencies by participating in a cardiopulmonary resuscitation (CPR) course.



Sun Safety

While having fun in the sun be sure to follow these four basic sun safety tips:

1. **Slip!**- Slip on a shirt to protect your skin with clothing.
2. **Slop!**- Apply sunscreen with a sun protection factor (SPF) of 30 or higher
3. **Slap!**- Wear a hat with a wide brim to protect your ears, neck, and face.
4. **Wrap!**- Wrap on a pair of sunglasses to protect your eyes and the skin around them.



Summer Car Seat Safety

- ◆ Make it a habit to look before you lock
- ◆ Never leave children alone in a car
- ◆ Check metal buckles before buckling children into car seats

Warning Signs for heat stroke include:

- Red, hot skin
- No sweating
- Strong Rapid pulse or slow weak pulse
- Nausea
- Confusion or strange behavior

