

Summer Safety Tips for Kids'

By: Keith Robinson

There are many safety tips that all parents should know to enhance summer time fun with their children. Sun safety, water safety and mosquito safety are three very important issues that could become dangerous if parents don't take precaution.

My sun safety tip is for parents to always have your child wear a hat when going outside. Try to encourage them to wear sunglasses also. Sun burn can and will happen when any color complexion of skin is exposed to the sun. Apply children's SPF 30(or higher) sunscreen on all skin that is exposed to the sun, every time you go out and especially when playing near or in water.

Water safety is also a must! And we want to minimize the accidents with children this summer. My water safety tip is for parents to always supervise your child near water, whether it is a lake, a creek or a pool. Make sure your child is wearing an approved life jacket appropriate for their size and weight when playing in or near water and always when in a boat.

Finally, mosquito safety, for children 2-12 years of age, calls for the use of a repellent (with 10% DEET or less) no more than three times a day. Have your child wear long pants and sleeves, at dawn and at dusk, when mosquitoes are at their worst. Avoid putting repellent on faces and hands. Put repellent on after sunscreen to maximize its effectiveness.

With all the fun that children will be having, there may be times when parents need to discipline their children. When children misbehave, try the following steps to help them change their behavior without escalating their level of frustration:

1. Remove them from the situation to talk with you quietly. If they are angry, wait until they calm down.
2. Talk about what they have done.
3. Give them ownership of the problem, and label their emotions.
4. Give them options to solve the problem.
5. Talk to them with respect, calmness and dignity.