



**PRESS RELEASE
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Family Fun in the Sun

First 5 Yolo's Tips on Keeping Your Kids Safe This Summer

Woodland, CA — Summer is a great time for families to spend quality time together outdoors.

“Whether playing in the park, hiking or building sandcastles on the beach, summer can be filled with memories that last a lifetime,” said Julie Gallelo, executive director of the First 5 Yolo Children and Families Commission. “But the hot weather also can put young children at greater risk of injury. To help protect children from potential dangers, First 5 Yolo reminds parents and caregivers always to supervise young children and offers the following summer safety tips.”

Be sun smart

A young child’s skin is sensitive to the bright summer sun, so be sure to take precautions to prevent sunburn.

- Apply sunscreen with a sun protection factor (SPF) of at least 30 on your child’s skin 15 minutes before going outside and again every two hours - especially right after your child has been in water or is sweating.
- Encourage children to play in the shade as much as possible especially during peak sun hours between 10 a.m. and 4 p.m.
- Make sure your child wears lightweight clothing, a wide-brimmed hat and sunglasses that offer 100 percent ultraviolet (UV) protection.
- Keep babies younger than 6 months of age out of direct sunlight.

Watch out for water dangers

According to the Centers for Disease Control and Prevention, drowning is the second leading cause of death for children. As a parent, be water wise.

- Swim with your child in calm water without waves, and always know where the nearest lifeguard is before getting in the water.
- Don’t completely rely on flotation devices like life vests or floating baby seats to keep children safe; they can shift position, lose air or slip out from under a child.
- Never leave children unattended near water, as they can drown in just a few seconds and in just a few inches of water even if they know how to swim. Supervise your child near bathtubs, toilets and buckets of water, too.

Survey the playground

Kids love playing on swings and slides, but parents should first look for potential safety hazards.

- Playground equipment often warms up in the sun and can burn a child’s skin. Before your child plays, touch the metal bars and surfaces to make sure they aren’t too hot.

- Check playground equipment for rusted parts and loose splinters. These hazards could pinch your child's skin.
- Be careful on slides. Make sure your child holds the slide's rails when climbing the ladder or sitting at the top. Also look for split or cracked plastic that could break if your child sits on it.

Banish the bugs

Insects can be really annoying and their bite can be painful and even dangerous sometimes. Parents can help protect their children by using insect repellants.

- Only use products that are approved for children; follow the instructions carefully and wash off the repellant once your child is back inside.
 - Avoid using scented soaps or lotions on your child because perfumes can attract insects.
 - Dress your child in light-colored clothing, which doesn't tend to attract bugs.

First 5 Yolo encourages all parents and caregivers to learn about local resources that can help their young children. For more information, please call (530) 669-2475 or visit www.First5Yolo.org.

About First 5 Yolo

Research shows a child's brain develops most dramatically in the first five years and what parents and caregivers do during these years to support their child's growth will have a meaningful impact throughout life. In November 1998, California voters passed a statewide ballot initiative to add a 50-cent-per-pack tax on cigarettes. The funds collected are utilized to fund education, health and childcare programs that promote early childhood development from prenatal through age 5. For more information about First 5 Yolo, please visit www.First5Yolo.org.

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