

Did you know?

Each year, more than 200,000 children receive emergency care for injuries that occur on playground equipment. Help keep children safe on the playground by following a few simple playground safety tips:

- Supervise children at all times.
- Be sure the equipment your child plays on is age-appropriate.
- Choose a playground with safe surfaces, including hardwood fiber/mulch, pea gravel, sand or synthetic materials such as poured-in-place rubber mats or tiles.
- Check the equipment to ensure it is anchored safely in the ground and all pieces are in good working order.

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Be Careful, Be Safe: Swimming

Enjoy the opportunity to cool down in a swimming pool, lake or ocean this summer, and always keep water safety in mind. Since most drowning victims have no intention of being in the water — and drown within 10-30 feet of safety — it is important that you and your family learn to swim. Here are some tips to remember if you're planning on being around water.

- Never rely on toys such as inner tubes and water wings to stay afloat. Wear a life jacket, especially while boating, water skiing, or riding a personal watercraft.
- Don't take chances by over-estimating your swimming skills.
- Swim only in designated swimming areas.
- Never swim alone.
- Never dive into lakes and rivers. Diving accidents can cause spinal cord injuries and death.
- Keep a close eye on children. It only takes a few seconds for a small child to wander away!
- Don't drink alcohol if you are planning to have fun in or near the water. More than half of all people who drown consumed alcohol prior to their fatal accident.



Get Ready ... For School!

It's hard to believe, but if you have kids, now is the time to start preparing for the new school year. Here are a few tips to help you avoid the back-to-school rush at the end of summer.

- Make an effort to learn about your child's upcoming year. For instance: What time does school begin and end each day? Should your child bring a lunch to school, or are meals provided?
- Visit the school with your child to see the new classroom and meet the teacher before the first day of school.
- Begin purchasing the required school supplies including required clothing, shoes, or gear for physical education classes and recess.
- Teach your child the rules of the road if your child will walk to school. Instruct your child to stay on sidewalks and main roads. If your child will ride a bus, find out what the pick-up and drop-off times are. Or if you plan to carpool, discuss the schedule with the other families.

Source: *American Academy of Pediatrics, www.healthychildren.org*



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