



wolfsonchildrens.com



Summer

Longer days of daylight and summer vacations often mean more time outdoors.

It's a time for having fun, but it can also bring unfortunate accidents.

Here are five ways to keep safe and healthy this summer!

Water Safety

Always take special care around water. At the pool, the beach, and even while bathing in the bathtub. Supervision is the top priority to keep children safe!

Safety Helmets

Helmets reduce the risk of head injury during activities such as biking, skating or scooters. Make sure the helmet is centered on the top of the head with the strap buckled snug.

Hydration

Drink plenty of fluids during summertime to prevent dehydration. Be on the lookout for dehydration symptoms: thirst, dizziness, headache, muscle cramping, weakness and fatigue.

Playground Safety

Actively supervise children on playgrounds. Make sure they are well maintained and safe. Shock absorbing surfaces are important safety features. Report any hazards.

Hot Cars

Closed cars can become extremely dangerous due to summer heat. Make sure car doors are locked when the car is parked so children are not tempted to play in the car. Children are at a greater risk for heat stroke.