

## Be Safe This Summer

July 2008

# Parenting *Rules!*

Ask any adult and they will have lots of fond childhood memories of summer. Kids love summer! It is a time for them to get outside to play, go to the beach or pool and enjoy a less structured schedule. As parents, we need to keep in mind that summer can also present many dangers and WE need to keep our children safe!

*The key to keeping our children safe is through careful and constant supervision.*

This issue of Parenting Rules! includes summer safety issues and tips to help you ensure that your kids have a safe and happy summer.

### Water Wisdom

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Whether you are heading out to the beach or just staying by the pool, keep these safety tips in mind:

- Do not leave your child alone in the water for **even a second!**
- **Empty** and put away the kiddie pool after each use
- Swim only in areas of the beach that are **supervised** by a lifeguard
- **Install fencing** with safety latches around your pool
- **Learn CPR** in case of an emergency
- **Always be sure your children are well supervised when playing in or around water!**



For more water safety tips, go to:  
[www.kidsource.com](http://www.kidsource.com)

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### Kids Will Wander...

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Most children love to play outdoors in the summer. Bike riding, splashing in the water, and playing in the sandbox are some favorite activities for children. Each year young children wander away from their homes when the temptation of summer fun and friends calls to them. Unfortunately some of these children are seriously injured, killed or ***never found***.

Protect your children this summer:

- Keep doors leading outside **locked at all times**.
- Do not depend on door handle locks, as many children can operate these. **Install a slider lock or dead bolt high enough** so your child cannot reach it.
- Look around your home for **possible ways** your child could get outdoors. For instance, pet doors are an easy way for young children to get outside.
- **Remember that locks are not a substitute for careful supervision.**

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### Deadly Heat....

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On a hot summer day the inside temperature of a car can reach over 120 degrees in less than 20 minutes. A child's body temperature rises 3-5 times faster than that of an adult and can lead to heatstroke and death within a matter of minutes.

Over the last 10 years almost 400 children have died after being left alone in a car. Some of these children became trapped while playing in the car and others were left while their parent ran an errand. Sadly, many of these incidents happened when a caregiver accidentally forgot a child was in the car.



### Keeping your kids safe in and around cars is easy!

Just remember:

- **Never, ever leave your child alone in the car! Even for a second!**
- **Lock your doors** and trunk when your car is parked in the driveway.
- **Teach your children not to play in or around cars.**
- Put your child's diaper bag or other belonging on the front seat so you will be **reminded** she/he is in the car.
- Keep keys and remote devices **out of reach** of children.

For more car safety tips, contact  
SAFE KIDS Rhode Island  
55 Claverick Street Providence, RI 02903  
401-444-5018 [www.safekids.org](http://www.safekids.org)

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### Resources for Parents

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#### U.S. Consumer Product Safety Commission

4330 East West Highway Bethesda, MD 20814  
800-638-2772 [www.cpsc.gov/kids/kidsafety/](http://www.cpsc.gov/kids/kidsafety/)

#### Lifespan

167 Point Street Providence RI 02903  
401-444-3500 [www.lifespan.org/services/emergency/articles/default.htm](http://www.lifespan.org/services/emergency/articles/default.htm)

#### American Red Cross of Rhode Island

105 Gano Street, Providence, RI 02906  
1-800-842-1122 [http://riredcross.org/index.php?pr=Safety\\_Tips](http://riredcross.org/index.php?pr=Safety_Tips)

#### Rhode Island Parent Information Network

175 Main Street Pawtucket, RI 02860  
401-727-4144 [www.ripin.org](http://www.ripin.org)

#### Prevent Child Abuse Rhode Island

Newsletter Archives  
[www.preventchildabuse-ri.org/PARENTINGRULES.asp](http://www.preventchildabuse-ri.org/PARENTINGRULES.asp)

### ABOUT PARENTING RULES! E-NEWS...

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Prevent Child Abuse  
Rhode Island



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[www.preventchildabuse-ri.org](http://www.preventchildabuse-ri.org)

Please share this information with the  
families in your programs. Thank you!