

Summer Safety
July 2009

Parenting *Rules!*

Kids Can't Fly....

When the warm weather arrives the first thing we want to do is open the windows and let in the fresh air. Parents need to be aware that open windows are a very real danger for children, as we have seen recently in the news when two Rhode Island children were injured after falling from windows in their homes. Across the country thousands of children are killed or injured every year from falls out of windows.



To keep your kids safe from falling out your windows remember:

- Open windows from the **top only**
- **Screens are not strong enough** to keep a child from falling out the window
- Install **window guards** that you can purchase at your local hardware store
- **Keep furniture away from windows** so kids won't have something to climb on
- **Never** put your child's toy box or other playthings near a window
- **Set and enforce rules** against playing near the windows
- **Teach your child to stay away from the windows**

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Water Safety...



Each year over 2,000 children die from drowning and approximately 1,000 children suffer from spinal cord injuries from diving accidents. Prevent these tragedies from happening to your children with constant and careful supervision and by practicing WATER SAFETY.

Whether you are heading out to the beach or just staying by the pool, always practice WATER SAFETY!

- **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 and follow all water safety rules that are posted.
- **Install fencing** with safety latches around your pool.
- Adults should always **check the water depth** before they allow their child to dive. Water depth should be 12 feet to dive from the diving board and 9 feet to dive from the side.
- **Learn CPR** in case of an emergency.
- **Always be sure your children are well supervised when playing in or around water!**

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Be Wise, Supervise...



No matter what the season, the most effective way to protect your children is through **careful and constant supervision**. Exactly how closely you need to supervise your children depends on their age and the setting. In the summer months children want to be outside and will need to be closely supervised when playing outdoors.

Here are some guidelines for appropriate supervision:

Ages 0-2

Parents should always be within arms length of their child at all times.

Ages 3-5

Parents should be close enough to see and hear their child at all times.

Ages 6-8

Parents should be within hearing distance and should check on their child every 15-30 minutes depending on the setting.

Ages 9-11

Parents should know exactly where their child is, what they are doing and who they are with and check in with them every 30-60 minutes.

Ages 12 and up

Parents should still keep tabs on older children and know where they are, who they are with and what they are up to. Children should be taught to ask permission before leaving one place to go somewhere else and to keep in contact with a parent.

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One Hundred and Twenty Degrees...



120° is how hot it can get inside your car in **less than 20 minutes**, even on a mild summer day! And since a child's body temperature rises at a rate of 3-5 times faster than an adults, such temperatures can lead to the death of a child in a matter of minutes.

Unfortunately, dozens of children die each year when they are intentionally or accidentally left alone in a car.

Keep your children safe by remembering to:

- **Never, ever leave your child alone in the car! Even for a second!**
- Always **take your child** into the store with you.
- **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 belongings on the front seat so you will be **reminded** she/he is in the car.
- Keep keys and remote devises **out of reach** of children.

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Resources for Parents...

National Safety Council

1121 Spring Lake Drive, Itasca, IL 60143-3201
(630) 285-1121 downloads.nsc.org/pdf/LookOutKids_042103.pdf

Rhode Island Family Guide

P.O. Box 163, Warren, RI 02885
(401) 247-0850 www.rifamilyguide.com

State of Rhode Island DEM - Division of Parks & Recreation

2321 Hartford Ave, Johnston, RI 02919
(401) 222-2632 www.riparks.com

Rhode Island Dept. of Health – Health Topics

3 Capitol Hill, Providence, RI 02908
HEALTH Information Line 1-800-942-7434
www.health.ri.gov/topics/summer.php

Rhode Island 2-1-1

2-1-1 or www.211ri.org

ABOUT PARENTING RULES! E-NEWS...



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