

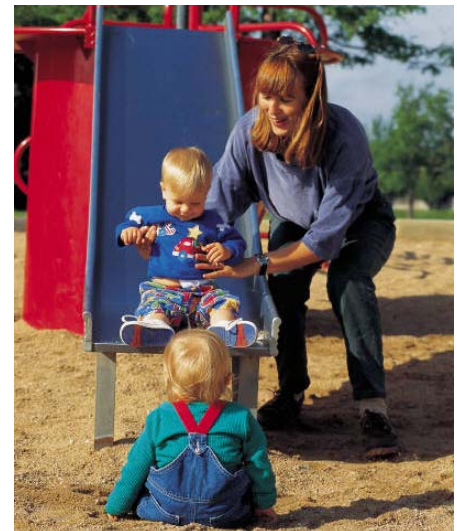
Summer Supervision

June 2010

Parenting Rules!

How Much Supervision is *Appropriate*?

During the summer months, when school is out, kids have a lot of free time on their hands. Parents and caregivers need to think about how they will provide appropriate supervision during this time to keep their kids from harm. The best 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. Younger children need more direct supervision and **all children** should be more 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.

Summer Supervision
June 2010

Parenting *Rules!*

Be Watchful Around Water...



The Center for Disease Control warns that hundreds of children drown each year in swimming pool accidents. Swimming pools are the #1 summer danger for preschool aged children.

A tragedy can occur when a parent or caregiver is temporarily distracted.

Never leave your child unattended in or around water, not even for just a second!

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!**

Summer Supervision
June 2010

Parenting *Rules!*

Kids Can't Fly...

Thousands of children are killed or seriously hurt every year from falling out of windows.

Window screens keep bugs out, not children in.



When you open your windows this summer to enjoy the fresh air, follow these safety guidelines to prevent such a tragedy:

- 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 or move furniture away** from windows so kids won't have something to climb on
- **Teach your child to stay away from the windows**

Summer Supervision
June 2010

Parenting *Rules!*

Resources...

The National Safety Council

1211 Spring Lake Dr., Itasca, IL 60143
(630) 285-2128 www.nsc.org

American Academy of Pediatrics

141 Northwest Point Blvd., Blk Grove Village, IL 60007
847-434-4000 www.aap.org

Rhode Island Dept. of Health

3 Capitol Hill, Room 302 Providence, RI 02908
(401) 222-5927 www.health.ri.gov/family/ofyss/teens/tips/Tip30.php

Rhode Island Association of Camps

www.ricamps.org

211 Rhode Island

211ri.org or dial 2-1-1 on your telephone

ABOUT PARENTING RULES! E-NEWS...



Rhode Island
Family & Children's Trust Fund
Administered by the RI Department of Children, Youth & Families



Prevent Child Abuse
Rhode Island

Parenting Rules! e-news is produced by Prevent Child Abuse Rhode Island and is partially supported by an annual grant from the Rhode Island Family & Children's Trust Fund

Prevent Child Abuse Rhode Island
500 Prospect Street Pawtucket, RI 02860
ph: 401.728.7920 fax: 410.724.5850
www.preventchildabuse-ri.org

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