

SUMMER SAFETY!

July 2007

Parenting *Rules!*

130 DEGREES!!

That is how hot a car can get in the summer in just one hour.

Leaving your child alone in the car for even a few minutes is putting them at serious risk of heat stroke and death. About 30 children die each summer when parents or caregivers leave them in a car to run errands.



When you head out this summer remember:

- Never leave your child alone in the car for **even a minute**
- Even on a *mild* day, car temperatures can reach up to 120 degrees
- Never leave your child in a running car – ever!
- Cracking the windows does not help and it increases the risk of a stranger entering the car
- Always lock the car doors when at home so that children do not accidentally lock themselves in

**For more information on car safety for your family contact:
The National Highway Safety Administration
1200 New Jersey Ave., SE West Building Washington DC 20590
1-888-327-4236 www.nhtsa.gov**

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Air Quality and Asthma...



Pollution makes asthma worse.....

The heat of the summer months causes more pollution to form in our air. This pollution can make allergies and asthma worse. To keep your children's lungs healthy check the day's air quality report at 401-222-2808 or www.dem.ri.gov

Remember these key points to protect your children:

- Check the air quality forecast before heading outdoors
- Keep children indoors during unhealthy levels
- Limit strenuous outdoor activities to early morning
- Keep a close eye on children with asthma

Dehydration and Heat stroke

Some signs of dehydration and heat stroke:

- Dizziness
- Lightheadedness
- Thirst
- Fever
- Headache
- Rapid heart beat



Things you can do to avoid dehydration and heat stroke:

- Limit sun exposure
- Drink plenty of fluids
- Wear lightweight clothing
- Limit physical activity to cooler times of the day

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Fireworks are dangerous....

Across the country tens of thousands of people are hurt by fireworks in the month surrounding July 4th. 45% of those accidents were to children under the age of 14 years. Many of those injuries caused serious or life-threatening conditions such as; blindness, third degree burns and permanent scarring.



The use of fireworks is illegal in Rhode Island.

Keep yourself and your kids safe this Independence Day by:

- Never buying fireworks for home use
- Teaching your kids that fireworks are very dangerous
- Taking the family only to public fireworks displays that are legally run
- Not going near the area where fireworks are being lit

Contact the Center for Disease Control for more firework safety info:

CDC 4770 Buford Hwy, NE MS K-65 Atlanta, GA 30341-3717

1 (800) CDC-INFO (232-4636)

www.cdc.gov

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Summer Safety Reminders



- empty kiddie pools after each use
- keep doors locked
- open windows from the top
- keep kids away from the lawnmower
- closely supervise children in and around water
- be sure your family drinks lots of water
- everyone should wear sunscreen everyday!

Resources for a safe, fun and healthy summer

American Red Cross RI Chapter 105 Gano Street Providence, RI 02906
401-831-7700 www.riredcross.org

Lifespan Community services 401-431-5410 www.lifespan.org

Rhode Island Beach Water Quality 3 Capitol Hill, Rm. 203 Providence, RI 02908
(401) 222-2749 www.ribeaches.org

DEM Air Quality Monitoring 235 Promenade St., Rm. 230 Providence, RI 02908
(401) 222-2808 www.dem.ri.gov

About Parenting Rules! e-news



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www.preventchildabuse-ri.org

A logo featuring a stylized sun or flower with rays.
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