



Spring + Summer safety tips for kids



Boston Children's Hospital
Until every child is wellSM




Playing safely



Avoid scarves, hood draw-strings and necklaces that can get caught on play equipment.

Playing outdoors is a great way for children to get exercise, but it's important for adults to keep a close eye on children on playgrounds and during other outdoor activities to make sure they stay safe.

Here are a few tips

-  Make sure an adult is always watching.
-  Visit playgrounds built on a soft surface, like rubber, bark chips or sand.
-  Dress children in safe play clothes. Avoid scarves, hood draw-strings and necklaces that can get caught on play equipment.

Water safety

To keep kids safe around pools, lakes, the ocean, wading pools, kiddie pools, bathtubs, buckets, toilets and hot tubs:

- ★ Always keep kids in your direct line of sight. Be focused and alert. Reading, listening to music or having long talks with other people can limit your ability to pay attention.
- ★ A pool should have a fence with a gate that locks. The fence needs to be at least four feet high and should surround the pool.
- ★ When boating, both you and your child should wear a life vest at all times.
- ★ **A child can drown in as little as one inch of water. Even if your child knows how to swim, watch her closely anytime she is in—or around—water.**



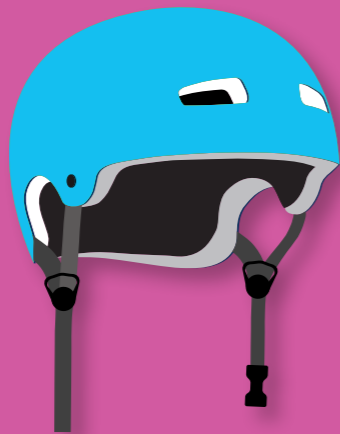
Teach your child to swim. The American Academy of Pediatrics recommends that children begin swimming lessons at age 4.

Helmets are a must

Bike helmet



Multi-sport helmet






Helmets prevent 85 percent of head injuries. Have your child wear a helmet any time she is on wheels—whether it’s a bike, scooter or skateboard. If your child is 16 or younger, it’s the law! A new helmet is more effective than an old one that has been in a crash.

There are different helmets for different activities:

A **bike helmet** is the best helmet to wear while bicycling because it’s designed to protect the front of the head. In bike falls, it’s common for the rider to fall forward.


A **multi-purpose helmet** can be worn when skateboarding, roller-skating or riding scooters. When on skates or scooters, falling backwards or to the side is more likely, and a multi-sport helmet is designed to better protect the back of the head.

To fit your child's helmet

-  Put the helmet on your child's head. Have your child look up; she should see the helmet.
-  Front straps go under the chin and make a 'V' just under the ears. Rear straps should be flat behind the head.
-  Ask your child to open her mouth as wide as possible. Does the helmet hug the head? Tighten straps as needed until the helmet doesn't move around on the head. One finger should fit between the chin and the chinstrap when your child's mouth is closed.



Window safety








A window open just 4 inches can be a danger.

4"

- ☀️ A window open just four inches can be dangerous for children under the age of 10.
- ☀️ When the weather gets warm, it's tempting to open windows to let in fresh air. To keep kids safe around open windows and prevent serious falls:
- ☀️ Use window guards on all windows above the first floor.
Screens are not strong enough to stop a child from falling through a window.
- ☀️ Keep windows locked when they are closed.
- ☀️ Set rules with your child about not playing near windows.
- ☀️ Keep furniture away from windows so children can't climb up.
- ☀️ Open windows from the top, leaving the bottom closed, when possible.

Caution with dogs

Dogs spend more time outside during the spring and summer. To avoid bites, teach your child these safety tips:





-  Always ask the owner if it's OK to pet the dog.
-  Let the dog see and sniff you before petting it.
-  Stay calm around the dog and move slowly.
-  If a dog you don't know comes up to you, stay still and look at the ground until it goes away.
-  If a dog attacks and knocks you over, roll into a ball and cover your face with your arms.





Summertime is sun-protection time

Sunburns and dehydration are common during the warmer months but can be avoided.

-  Use sunscreen. Sunburns happen, even on cloudy days. If you are going to be outdoors for more than a half-hour, use sunscreen, sunglasses, hats and long sleeves.
-  Wear long sleeves and pants to protect against sunburns and insect bites.
-  Take water breaks.
-  If your child complains about dizziness, headache, nausea or muscle cramps, she could be overheated or at risk for heat-related illness. Help your child lie down in a cool, shaded area with her feet raised. Give her water to drink, and wipe her face with a cool cloth if available.

Heatstroke

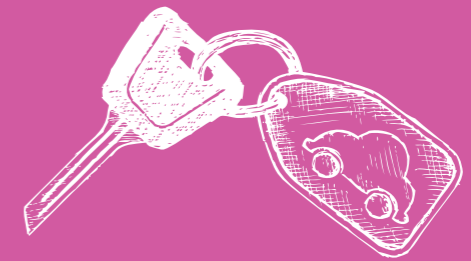
Exposure to extreme heat can result in illness, injury and even death.

Prevent heatstroke by remembering to **ACT**.

Avoid heatstroke-related injury and death by never leaving your child alone in a car, not even for a minute. And make sure to keep your car locked when you're not in it so kids don't get in on their own.

Create reminders by putting something in the back of your car next to your child such as a briefcase, a purse or a cell phone that is needed at your final destination. This is especially important if you're not following your normal routine.

Take action. If you see a child alone in a car, call 911. Emergency personnel want you to call. They are trained to respond to these situations. One call could save a life.



Always keep your car locked when you're not in it so kids don't get in on their own.



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For more information,
call **617-355-7332** or visit
bostonchildrens.org/injury

