

Infants & Toddlers/ CMS Newsletter

From the desk of your Service Coordinators:

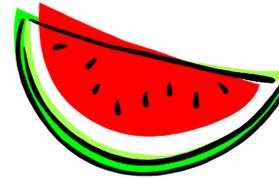
We are so excited that the sun is shining and the weather has been warm! With the temperatures steady rising and the amount of tourists coming to town there are quite a few safety concerns to be aware of in our area. This issue of your Infants and Toddlers/CMS Newsletter will highlight tips to keep yourselves and your loved ones safe this season!

We are always eager to hear from parents and family's- if you have an article or idea

to be featured in our newsletter please contact the office by phone 410-632-9230 Tonya Ext. (1649), Kim Ext. (1628) or mail an article or idea to:

424 W Market St,
Suite A, Snow Hill,
MD 21863

As always, please be sure to update Service Coordinators and Therapists of any change in address or phone numbers so we may continue to provide the best service coordination we can!



*Memorial Day: May 26
Father's Day: June 15
1st day Summer: June 21*

In addition, if you are in need of any resources or have questions concerning services or programs in the community please feel free to contact us!

Have a safe & Happy start to your summer!

Kim and Tonya

Inside this issue:

From the desk of your Service Coordinators	1
Firing up the Grill	1
Summer Safety Tips for Kids	2-4
Coloring Corner	4

Special points of interest:

- ♦ *Grilling Safety Tips*
- ♦ *Tick Bites*
- ♦ *Helmet Safety*
- ♦ *Pedestrian Safety*
- ♦ *Water Safety*
- ♦ *Sun Protection*
- ♦ *Summer First Aid Kit*
- ♦ *Dehydration and Heat Related Illnesses*

Firing up the Grill

Picnics and barbecues are a staple of the summer months. Keep these tips in mind to keep kids safe around the grill:

- Position the grill well away from siding, deck railings, out from under leaves and overhanging branches and a safe distance from lawn games,

play areas, and foot traffic.

- Keep children and pets away from the grill area by declaring a 3-foot "kid-free zone" around the grill.
- Keep all matches and lighters away from

children. Teach your children to report any loose matches or lighters to an adult immediately. Always supervise children around outdoor grills.

Article Source: Safe Kids Worldwide <https://www.safekids.org/blog/summer-almost-here>

Summer Safety Tips for Kids

The final school bell has rung, the pencils and notebooks are packed away and the kids are ready for some summer fun! Children love the hot summer months, because they provide the perfect opportunity to spend lots of time outside. Whether it's swimming in the pool, hiking through the woods, taking long walks, or going for a bike ride, there is something for everyone, no matter how young or old.

We hope that everyone enjoys this special time of year, but we want to also remind parents that there are potential dangers during the summer months, and it's important to be aware of what they are. The more information one learns about how to prevent illnesses and injuries, the less likely they will occur.

There are many areas to cover when it comes to summer safety, and we'll review just a few here. Please keep in mind that this is a brief list of tips. For

more information check out the web sites recommended at the end of this article:



Tick Bites:

Ticks are responsible for a variety of illnesses including Lyme disease and Rocky Mountain Spotted Fever. These diseases can be very serious. Learn ways to protect your family. Some suggestions include:

- protective clothing (long sleeves, long pants, tucking pants into socks)
- tick/bug repellent

**"After kids play outside, check their skin and hair — especially the scalp, behind the ears, around the neck, and under the arms."
www.kidshealth.org**

- insect repellent for pets

- staying in the center of paths, keeping away from overgrown areas and not sitting directly on the ground
- performing tick checks on all family members every day
- being aware of signs/symptoms of tick-related illnesses
- calling the doctor for any concerns and questions

Helmet Safety & Pedestrian Safety

- An appropriate helmet must be worn whenever a child is "on wheels." This means bicycles, scooters, skates, rollerblades, skateboards and more!
- The helmet must fit properly.
- Helmets can be life saving and can protect a child from serious injury.
- Be sure the right type of helmet is

being used. For example, a bike helmet needs to be used for biking.

- Moms and dads should wear helmets as well.
- Teach children



to walk, not run, across the street.

- Children should cross only with an adult or an older, responsible child.
- Whenever crossing the street, try to make eye contact with any drivers nearby, to be sure they see you.

Pedestrian Safety Continued & Water Safety

- Teach children to avoid running out from between parked cars.
- Use sidewalks whenever possible.
- Always hold your child's hand near any moving or parked vehicles.
- Adults always need to set a good example!



Water Safety

Adult supervision is of paramount importance. Parents need to focus on their children 100% of the time. No distractions!

- Practice “touch supervision” (a term used by the American Academy of Pediatrics). This means that at all times, the supervising

adult is within an arm's length of the child being watched, when near or in the water.

- Remember, no child or adult is “drown proof.”

Keep in mind that children can drown in many different water sources including: bathtubs, toilets, buckets, baby pools, backyard swimming pools, community pools, streams, creeks, lakes, rivers, oceans and other places.

Sun Protection

- Avoid sun exposure during peak sun hours (10 AM – 6 PM).
- Wear protective clothing and a wide brimmed hat and sunglasses (with 99-100% UV protection).
- Sunscreen is a must (on sunny and cloudy days)! Look for products with UVA and UVB protection and an SPF of at least 15 (according to the Ameri-

can Academy of Pediatrics and American Association of Dermatology).

- Sunscreen should be applied liberally 30 minutes before going out in the sun, and reapplied every two hours or sooner if swimming, sweating or towel-drying off.
- Look for shade whenever possible.

“Most kids rack up a lot of their lifetime sun exposure before age 18, so it's important that parents teach their children how to enjoy fun in the sun safely. With the right precautions, you can greatly reduce your child's chance of developing skin cancer.”
www.Kidshealth.org

Summer First Aid Kit

- Every family should have at least one first aid kit at home which is well stocked and readily accessible.
- It's also helpful to keep a first aid kit in the car and one to bring on trips.
- Kids get lots of cuts and

scrapes during the warm summer months, so it's nice to be prepared.

- Don't forget to restock the kit once an item has been used.



Be sure to keep a list of emergency numbers where they are easy to find. This list should include: emergency medical services (911), the doctor's number, the dentist's number, poison control, a number where mom and/or dad can be reached and any other important phone numbers.

**Worcester County
Health Department**

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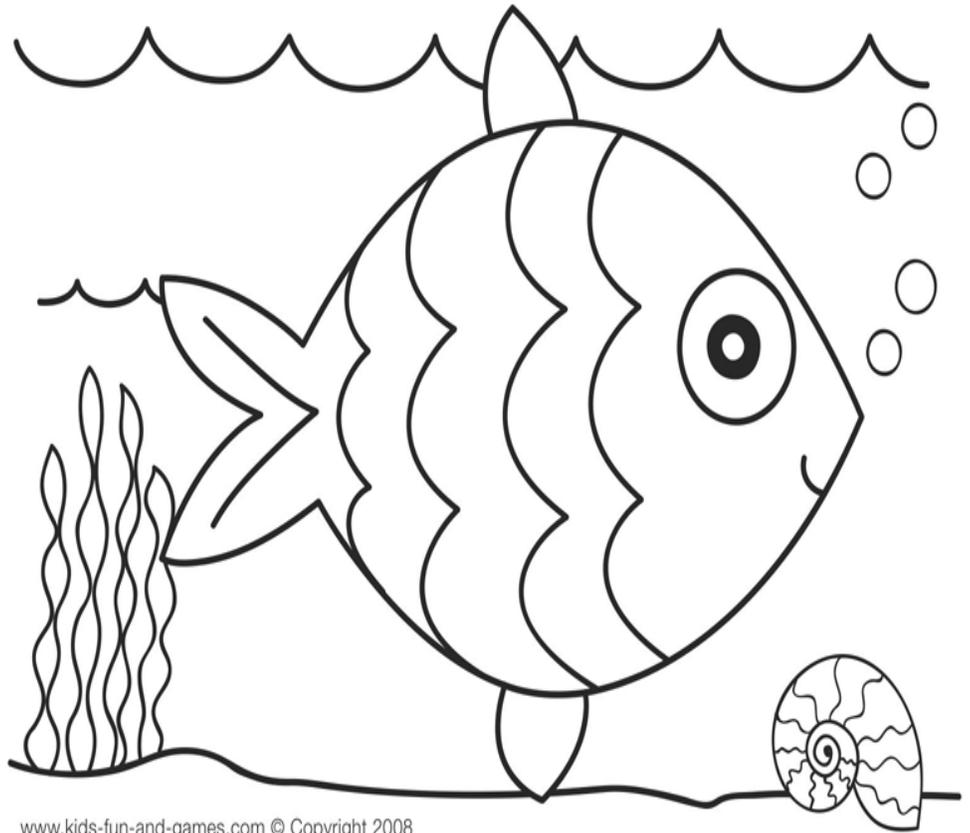
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**We're on the
web!**

www.worcesterhealth.org

**Click on Children's Medical
Services and Infants &
Toddlers!**



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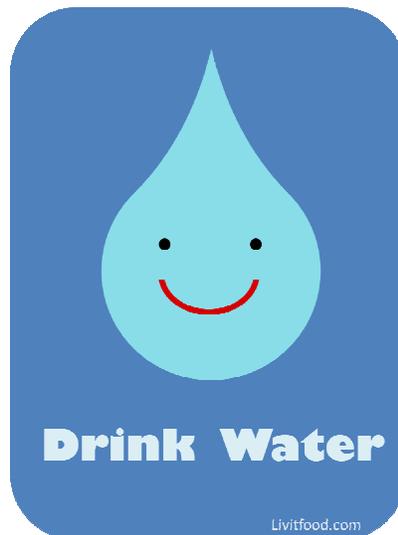
Dehydration & Heat Related Illnesses

- Keeping well hydrated is very important.
- Children (and adults) must remember to drink.
- Do not wait until a child says he is thirsty before offering fluids. At this point, he is already dehydrated, so be sure to provide plenty of fluids before going outside, while out in the heat and afterwards.
- Playing in the hot summer sun means lots of fluid losses, so avoid strenuous activity during peak sun hours (10 am- 6 pm). Look for shade and take lots of breaks.

Seek medical attention immedi-

ately for any signs of heat-related illness.

For more information on the topics above, please visit:



Livitfood.com

[American Academy of Pediatrics](#)
[American Academy of Dermatology](#)
[National Highway Traffic Safety Administration](#)
[Safe Kids USA](#)
[Centers for Disease Control and Prevention](#)

Enjoy the summer!

Article Source for Pages 2-5: <http://www.pbs.org/parents/summer/summer-safety-tips-for-kids/>