



## Splish Splash

**By Pam Morris, Early Learning Center director**

This Friday marks the Summer Solstice, the official start of summer. We begin summer protocol a lot earlier because of our weather but it is never too soon to focus on summer safety.

### **Water Safety**

This is a big one. The City of Chandler website has some wonderful tips to keep everyone safe!

- **Never leave your child unattended.** This is so important when it comes to any body of water: community or public pool, backyard pool, those little plastic pools you buy at Walmart or even the bathtub. All of these places that have an inch or more of water can be a safety hazard when it comes to drowning. **Always watch your children around water!**
- **Water Watcher.** Even when you have enough adults around a pool or other body of water, people can become complacent. Designate a specific person each hour to watch the children in and near the water. The designated watcher should be doing headcounts often and making sure that each child is accounted for.
- **Especially those non-swimmers.** Water is such a fun place to be, especially when it is hot outside. Make sure you, as an adult, know who can swim and who can't. While everyone should be watched, those non-swimmers need extra special attention and water wings aren't always enough!
- **Get Certified!** It only takes 3 hours every 2 years to get certified in first aid and CPR. That knowledge can make all the difference in saving a life!



## **Sun Safety**

The American Academy of Pediatrics has developed a website for parents, [healthychildren.org](http://healthychildren.org). This site has many useful tips, especially when it comes to sun safety.

- **Infants:** “Keep babies younger than 6 months out of direct sunlight. Find shade under a tree, an umbrella or the stroller canopy,” says the website. These recommendations are short and to the point. Wait till next summer to get your baby used to the pool during the day.
- **Save the shorts.** The website suggests that you dress yourself and your children in long sleeves and pants in the summer to avoid sun exposure. Lightweight fabrics are best but ultimately the goal is to keep you cool, comfortable and most importantly, shielded from the sun.
- **Hats, shades and timing, oh my!** Keep those heads covered, your eyes shielded and avoid the sun during the day. Following these guidelines will have your skin thanking you!
- **Sunscreen as the final layer!** Even when you think you can’t burn, use that sunscreen. The sun's rays are strong, even in the winter, and sunscreen can help protect your skin and your children’s skin all the time. Get in the habit of putting it on, even when you think the sun’s rays can’t harm you. Practice makes perfect!

## **Water Play This Summer**

And if you follow all of these guidelines, then water play can extend the use of your outdoor space. Stay in the shade when you can, follow water safety protocol and splash away! For more information about keeping you and your children safe in the summer, visit: [healthychildren.org](http://healthychildren.org); [chandleraz.gov](http://chandleraz.gov); and [cdc.gov](http://cdc.gov) for helpful information about sun and water safety.

Shabbat Shalom.