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Child Care Resource & Referral

Lil' ONEders

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Summer Safety = Summer Fun!

Why is it important to be safe in the water?

Fish are able to live and breathe under water, but people need air to breathe. People drown when too much water gets into their lungs. When that happens, the lungs can't carry enough oxygen to the brain and the rest of the body.

Drowning is the second most common cause of death from injuries among kids under that age of 14. Drowning can happen so fast—sometimes less than 2 minutes after a person's head goes under the water. That leaves very little time for someone to help.

Many drownings and near-drownings occur when a kid accidentally falls into a swimming pool. But accidents can happen anywhere—at someone's home, your own house, or at the beach, and that's why you need to know how to be safe around water.

It's hard to resist a day on the beach, but you'll need to know some safety rules when you're swimming in the lake. When you first get to the beach, check with the lifeguard to find out how strong the waves are. Some places fly flags or write notes on a chalkboard to give swimmers an idea of what conditions are like.

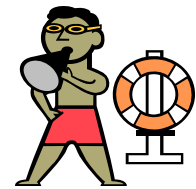
In some places swimmers may encounter strong undertows or ocean currents. Rip currents (also called riptides) are so strong that they can carry swimmers

away from shore before they know what's happening. If you are caught in a current, swim parallel to the shore (alongside the shore) rather than to the shore until the water stops pulling you, then swim back to shore. If you can't get back to the beach, tread water and wave for a lifeguard's help.

You probably won't see any sharks (although a friendly dolphin may splash by) where you're swimming. But you might run into some jellyfish or Portuguese man-of-wars. These umbrella-shaped, nearly clear animals can grow to be as large as several feet in diameter! They are often found floating near the shore. Getting stung is no fun—it can hurt and blister your skin. If you get stung tell an adult as soon as possible.

Here's some other good advice for the beach:

- Never swim alone!
- Always swim in an approved area where a lifeguard can see you
- Wear protective footwear on rough surfaces
- Don't swim out too far
- Never pretend to drown
- Don't swim close to piers
- Store drinks in plastic containers—broken glass bottles and bare feet don't mix
- Face the waves so you know what's coming



Swimming Pool Safety Tips

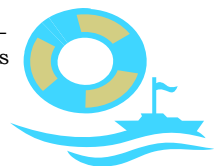
- 🌊 Always have an adult watch you when you are in the pool—even in your own backyard. Never go in the pool if there is no adult around
- 🌊 Gates are around pools for a reason—to keep kids away from the water when there isn't a lifeguard or adult around to watch them. Never go through any pool gates when they are closed!
- 🌊 Swim with a buddy and always obey pool rules
- 🌊 Don't chew gum or eat while you swim—you could choke



- 🌊 If you are learning to swim ask your parents to make sure your flotation devices are Coast Guard approved
- 🌊 Swim at a depth that is safe for you. If you're just learning to swim stay in the shallow end

Water Park Safety Tips

- Wear a life jacket if you don't know how to swim or if you're not a strong swimmer
- Read all the signs before going on a ride. Make sure you are tall enough, old enough, and don't have any of the medical conditions that are listed. If you have questions, ask the lifeguard
- Always make sure there's a lifeguard at each ride and listen to his or her instructions. Wait until the rider ahead of you has passed a safe point for you to go down the slide
- Always go down the slide face up and feet first
- When you go from ride to ride, don't run—it's slippery! Also, remember that each ride is different. Read each sign and note how deep the water is in the pool



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Sun Safety



- Avoid extended sun exposure between 10 am and 4 pm
- Apply sunscreen SPF 15 to children before play
- Because of sensitive skin, infants under 6 months should not wear sunscreen and should be kept in the shade
- Plan outdoor activities in shady areas. Use umbrellas, awnings and trees for shade
- Use protective clothing for children, like hats, sunglasses and light long sleeve shirts

Bug Safety

- Check the play area daily for insect nests
- Remove standing water
- Use insect repellent containing NO MORE than 10% DEET on children OLDER than 2 months
- To remove a stinger, gently scrape the area with a credit card or fingernail. Use cold wash cloth or ice with barrier to reduce swelling
- After a sting, watch for allergic reaction and get medical help if child has difficult breathing, swelling or severe rash



Need help paying for child care? Contact your local Voucher Program



Lake County
219-757-1957

Porter County
219-531-2595

LaPorte County
219-879-6950

Note: this is an income based program.
Call your local voucher agency for
more details on eligibility guidelines.