

April/May/June 2006

Summer Safety:

Summer means different health and safety issues. Here are some rules to share with your children for summer safety.

~ Discuss with your child the changes in the weather. Talk about what can be done in the summer that cannot be done in the cold weather of winter.

~ Children need to know that heat and sun can tire them and make them sick if they do not rest or drink enough liquids. Discuss the proper clothing to wear. (this can be done with games and dress up for more fun).

~ Because children may be using large toys, you should tell them how to safely operate trikes, bikes, wagons, skateboards, and scooters, as well as seesaws,

swings, and slides. Show them what to do as well as talking about what is right.

~ Tell children where it is best to play. You should set the limits so that children know exactly what is allowed and what is not.

Walk the edge of the play space with your children. Point out dangerous areas children must stay away from. Take a special nature walk showing the plants that can be touched and used during play and those that should not be used or even touched. You might even make small painted signs that point out dangerous places. Set the signs up together so children are doubly sure that the signs are there for a purpose.

~ Little by little, prepare children for more physical activity by allowing and increasing time each day for exercises that build conditioning—climbing, running, jumping, and lifting.

~ Never leave children alone in or near the pool, even for a moment.

~ Make sure adults watching young children in the pool know CPR and can rescue a child if necessary.

~ Babies under 6 months should be kept out of the direct sunlight. Move your baby to the shade or under a tree, umbrella, or the stroller canopy.

~ Dress babies in lightweight clothing that covers the arms and legs and use brimmed hats.

~ Apply sunscreen at least 30 minutes before going

outside, and use sunscreen even on cloudy days.

~ Try to keep children out of the direct sun between 10 a.m. and 4 p.m. This is when the sun rays are the strongest.

~ The sun protection factor (SPF) should be at least 15.

~ Try and not use scented soaps, perfumes or hair spray on your child. Bugs are attracted to these items.

Bugs are also attracted to bright colors and flowery prints so avoid dressing your child in that type of clothing.

~ Children traveling alone to visit relatives or attend summer camps should have a copy of their medical information with them at all times.



Facts About Sun Exposure:

We all need some sun exposure; it's our primary source of Vitamin D, which helps us absorb calcium for stronger, healthier bones. But it doesn't take

much time in the sun for most people to get the vitamin D they need, and unprotected exposure to the sun's ultraviolet rays can cause skin damage, eye damage, immune system suppression, and even cancer. Even people in their 20's can develop skin cancer.

The sun radiates light to the earth, and part of that light consists of invisible ultraviolet (UV) rays. When these rays reach our skin, they cause tanning, burning and other skin damage. There are three kinds of UV rays: UVA, UVB, and UVC. What's important is to protect you family from exposure to these rays.

UV rays react with the chemical called melanin that is found in most people's skin. Melanin is your first defense against the sun. It actually absorbs dangerous UV rays before they do serious skin damage. But remember even "healthy" tans may be a sign of sun damage. The risk of damage increases with the amount of intensity of exposure.

A sunburn develops when the amount of UV exposure is greater than what can be protected against by the skin's melanin. The lighter your child's skin, the less

melanin it has to absorb UV and protect itself. And all skin, no matter what the color, responds to continued sun exposure by thickening and hardening, resulting in leathery skin and wrinkles later in life. Unprotected sun exposure is even more dangerous for kids with moles on their skin (or whose parents have a tendency to develop moles), very fair skin and hair, or a family history of skin cancer, including melanoma. You should be especially careful about sun protection if your child has one or more of these high risk characteristics. Not all sunlight is "equal" in UV concentration. The intensity of the sun's rays depends upon the time of the year, as well as the altitude and latitude of your location. UV rays are strongest during summer. Remember that the timing of this season varies by location, if you travel to a foreign country during its summer season, you'll need to pack the strongest sun protection you can find.

HOW TO PROTECT YOUR CHILD FROM THE SUN

With the right precautions, children can safely play in the sun. Here's the

lowdown on the most effective strategies.

AVOID THE STRONGEST RAYS OF THE DAY.

First, avoid being in the sun for prolonged times when it is highest overhead and therefore the strongest (normally from 10:00 am until 4:00 pm. in the northern hemisphere). If your child is in the sun between these hours, be sure to apply protective sunscreen, even if they are just playing in the backyard. Most sun damage occurs as a result of incidental exposure during day to day activities, not at the beach. Even on cloudy, cool, or overcast days, UV rays travel through the clouds and reflect off of sand, water, and even concrete. Clouds and pollution don't filter out UV rays, and they can give a false sense of protection. This "invisible sun" can cause unexpected sunburn and skin damage. Often, kids are unaware that they are developing a sun burn on cooler or windy days because the temperature or breeze keeps skin feeling cool on the surface.

COVER UP:

One of the best ways to protect your family from

the sun is to cover up and shield skin from UV rays. Ensure that clothes will screen out harmful UV rays by placing your hand inside the garment and making sure you can't see your hand through it.

Because infants have thinner skin and underdeveloped melanin, their skin burns more easily than that of older kids. But sunscreen should not be applied to babies under 6 months of age, so they absolutely must be kept out of the sun whenever possible. If your infant must be in the sun, dress them in clothing that covers the body, including hats with wide brims to shadow the face. Use an umbrella or tree cover to create shade.

Even older kids need to escape the sun. Long exposure can make them feel tired and irritable. For all day outdoor affairs, bring along a long sleeved shirt, long pants, full length robe, a wide umbrellas, or a pop up tent to play in. Before heading to the beach or park, call ahead to find out if certain areas offer rentals of umbrellas, tents, and other sun protective gear.

USE SUNSCREEN CONSISTENTLY

There are lots of good sunscreens available for kids, including formulations for sensitive skin, brands with fun scents like watermelon, long lasting waterproof and sweat proof versions, and easy application varieties in spray bottles.

What matters most in a sunscreen is the degree of protection from UV rays it provides. When faced with the overwhelming sea of sunscreen choices at drug stores, concentrate on the SPF (sun protection factor) numbers on the labels. The SPF number tells you how much longer you can stay in the sun without burning if you apply the sunscreen, which acts as a "block" to the sun's rays (hence the term sun block). For example if your child would burn after 20 minutes of sun exposure, applying a sunscreen with an SPF of 15 gives them 15 times the protection. In this example the child should be protected for up to 5 hours.

$$20\text{min} \times 15\text{ SPF} = 300\text{ min} \\ \text{or } 5\text{ hours.}$$

For kids age 6 months or older, select an APF of 15 or higher to prevent both sunburn and tanning. Choose a sunscreen that

states on the label that it protects against both UVA and AVB rays (referred to as "broad-spectrum" sunscreen).

To avoid possible skin allergy, avoid sunscreens with PABA, and if your child has sensitive skin, look for a product with the active ingredient titanium dioxide (a chemical free block).

APPLY SUNSCREEN CORRECTLY.

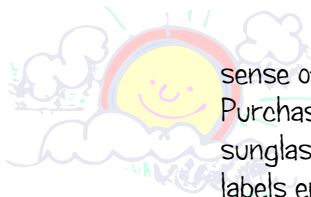
- Use sunscreen whenever your child will be in the sun.
- Apply sunscreen about 30 minutes before going outside so that a good layer of protection can form. Don't forget the lips, hands, ears, feet, behind the neck and shoulders. Lift up bathing suit straps and apply sunscreen underneath them (in case the straps shift from body movement).
- Don't try to stretch out a bottle of sunscreen; as a guide, apply the sunscreen generously.

- Reapply sunscreen often, approximately every 2 to 3 hours, as recommended by the American Academy of Dermatology. Reapply after your child is sweating or swimming.
- Apply a waterproof sunscreen if your child will be around water or will go swimming. Water reflects and intensifies the sun's rays, so kids need protection that lasts. Waterproof sunscreens may last up to 80 minutes in the water and some are also sweat and rub proof. Be sure to reapply sunscreen when kids come out of the water, regardless of the waterproof label.
- Keep in mind that every child needs extra sun protection. The American Academy of Dermatology recommends that all children wear sunscreen with an SPF of 15 or

higher. Although dark skin has more protective melanin and tans more easily than it burns, remember that tanning is also a sign of sun damage. Dark skinned children can also develop painful sunburns.

PURCHASE PROTECTIVE EYEWEAR FOR KIDS.

- Sun exposure damages the eyes as well as the skin. Even 1 day in powerful sun can result in a burned cornea (the outmost, clear membrane layer of the eye). Cumulative exposure can lead to cataracts later in life (clouding of the eye lens, which results in blindness) The best way to protect eyes is to wear sunglasses.
- Not all sunglasses provide the same level of ultraviolet protection: darkened plastic or glass lenses without special UV filters just trick eyes into a false



sense of safety. Purchase sunglasses with labels ensuring that they provide 100% UV protection.

- Not all children enjoy wearing sunglasses, especially the first few times. To encourage kids, let them select a style they particularly like; many manufacturers make fun, multi-colored glass frames or frames embossed with cartoon characters. And don't forget that kids want to be like grown ups. If you wear sunglasses regularly, your kids may be willing to follow your example.

ASK ABOUT YOUR CHILD'S MEDICATION

Some medications increase the skin's sensitivity to UV rays. As a result, even kids with skin that tends not to burn easily can develop a severe sunburn in just minutes when taking

certain medications. Fair skinned children, of course, are even more vulnerable. Ask your doctor or pharmacist if the prescription (especially antibiotics and acne medications) and over the counter medications your child is taking can increase sun sensitivity. If so, always take extra sun precautions. The best protection is simply covering up or staying indoors; even sunscreen can't always protect skin from sun sensitivity caused by medication.

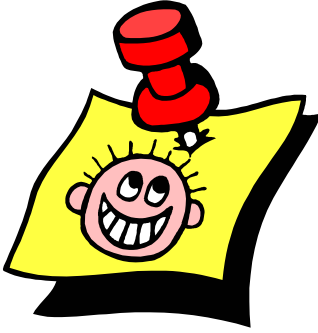
WHAT TO DO IF YOUR CHILD GETS A SUNBURN:

A sunburn can sneak up on your child, especially after a long day at the beach or park. Often, kids seem fine during the day but then gradually develop and "afterburn" later that evening that can be painful and hot and can even make them feel sick. The best way to take care of your child is to treat the symptoms. The following tips will help you keep your child comfortable if they have a sunburn.

1. To help alleviate pain and heat, have your child take a cool (not cold) bath, or gently apply cool, wet compresses to the skin.
 2. Pure aloe vera gel is excellent for relieving sunburn pain and helping skin heal quicker.
 3. You can also give your child a pain reliever such as Tylenol or ibuprofen and spray an over the counter "after sun" pain relievers (Do Not give Aspirin)
 4. Do NOT use petroleum based products (like Vaseline) because they prevent excess heat and sweat from escaping.
 5. Avoid first aid products that contain benzocaine, which may cause skin irritation or allergy.
- If the sunburn is severe and blisters develop, call the doctor. Until you see your child's doctor, tell your child not to scratch, pop, or squeeze the blisters, which can become easily infected and result in scarring.

<http://www.kidshealth.org>
"Sun safety"





POLICY AND PROCEDURE REMINDERS:

Children who leave the Center during the day, for any reason are considered gone and WILL NOT return for this day. So, remember when making doctor appointments etc... that it might be best to make them toward the end of the day!

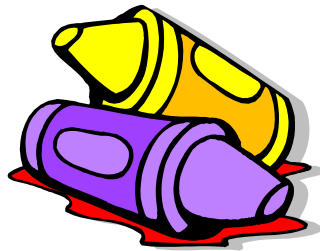
If your child, for any reason is not attending the Center for the day, please notify the Center as soon as possible, preferably during the morning hours. Please do not Email us to let us know your child will not be here. We do not check this on a routine basis.

Parents need to notify the Center of any and all changes in their child's enrollment or emergency information. (I.e. changes in address, phone numbers, whether they are

from work or home. This is to ensure we can get in touch with you in case an emergency arises.

Please refrain from throwing your cigarette butts onto the Center's property. Children will and do find these and mimic what they see others do.

When children and parents are entering or leaving the building PLEASE reinforce our WALKING in the building policy. If your runs inside the building please redirect your child to walk! This helps reinforce our teachers when they instruct the children we do not run inside the "school". This is a safety rule.



Fireflies scheduled to attend Kindergarten August 2006

To those parents who have children in the firefly room (Ms. Jenny's class) scheduled to attend Kindergarten in the Fall 2006, rates will be adjusted the first week of

school at the end of August of 2006. Tuition for children attending before and after school will be \$75.00/wk. Those children's tuition attending before or after school will be \$50.00/wk. If your child is currently enrolled in our Center they will be eligible to attend. "no school days" due to any reason, provided the parent signs their child up on all notices. The price for a child to attend an extra no school day will be \$25.00/day. However, their price would never exceed \$100.00/wk. Further information will be sent to the parents for those who wish to participate.

Summer is rapidly approaching and will be here before you know it! The Nannies have a lot of fun in store for "our" children. Parents we would like to ask you to help us with our summertime plans. We have many field trips planned along with different arts and crafts scheduled. It would help us if you read all correspondence that we have posted either on your child's door or at the main entrance. We don't want any child to miss out on the fun. However, due to staffing needs and the need to make reservations in advance, it is imperative that you read all instructions, follow those guidelines and sign your child up.

For children ages three years and older, we will be using the Center's vans. Each van has been equipped with the appropriate safety standards. If you have any questions or concerns please let us know. HAPPY SUMMER~