

# Summer

## WELLBEING

### 7 WAYS TO KEEP YOUNG CHILDREN SAFE IN SUMMER



1

#### SUPERVISION

Know where your children are. Watch young children all the time around water as they can drown in less than 2 inches (6 centimetres).

3

#### KEEP COOL

Keep children cool during hot weather. Play in a shaded paddling pool. Run a cool bath before bedtime. Keep your child's bedroom cool during the day by closing blinds or curtains and using a fan facing away from your child. Keep nightwear and bedclothes to a minimum. Monitor the temperature of your baby's room. You should aim for their room to be between 16C (61F) and 20C (68F), ideally 18C.



2

#### WATER SAFETY

If you take children swimming, go somewhere with a lifeguard. Install secure fencing, at least 4 feet high, around ponds.

4

#### DON'T COVER PRAMS

Do not use a blanket or sheet to drape over a pram or pushchair. This will make them hotter and lead to overheating. You can use a clip-on sunshade or parasol on a pram or buggy.



5

#### HEAT EXHAUSTION

If a child feels unwell, dizzy, irritable, faint, tired, very thirsty, or if they have painful muscle spasms when the weather is hot, this could be a sign of heat exhaustion. Take them to a cool place and give them plenty of water. If they don't cool down in 30 minutes call NHS 111 or, in an emergency, 999.

6

#### KEEP DRINKING

Babies and young children need to drink plenty to avoid becoming dehydrated (when your body does not have enough water as it needs). Diluted fruit juice, ice, fruit and salads can help to boost fluids. Watch out for the signs of dehydration, which include feeling thirsty, dark yellow urine and dizziness.



7

#### SKIN PROTECTION

Teach your children to be sun smart. Reapply sunscreen frequently, at least factor 30, especially if they are getting wet. Wear UV sunglasses, sun hats and protective clothing. Keep in the shade, particularly between 11am – 3pm.



For more advice go to  
[www.dudley.gov.uk/summerwellbeing](http://www.dudley.gov.uk/summerwellbeing)  
or [www.lets-get.com/seasonal-wellbeing](http://www.lets-get.com/seasonal-wellbeing)

