TIPS FOR PARENTS

A Happy and Healthy Summer

The summer months are full of opportunities for kids to get outside, spend time with friends and family, and recharge for another busy school year. Follow the tips below to start your summer strong, and check out the bingo board to get your kids in on the fun.



Protect against the heat.

You can have fun in the sun while staying hydrated and protected from harmful rays.

- Apply sunscreen with at least SPF 15 and don't forget to reapply as needed throughout the day
- Wear clothing that shades skin from the sun or has built-in sun protection
- Drink plenty of water: Use a colorful water bottle as a reminder to stay hydrated throughout the day

Read more about sun safety from the American Academy of Pediatrics.



Find ways to stay active.

There are lots of ways to stay physically and mentally healthy in the summer.

- Learn a sport with friends in the neighborhood or at a local park
- Take a walk in the park and count how many steps you take
- Rest is a healthy part of an active routine. Establish a plan to get enough sleep each night and stick to it

Read more about staying active from the American Academy of Pediatrics.



Prevent summertime injuries.

Take the extra steps to put safety first at home, on the go, and everywhere in between.

- Wear a helmet on bikes, scooters, skateboards, or anything else on wheels
- On playgrounds and amusement parks, always follow safety signs
- Travel smart: Keep a first aid kit nearby, buckle up for safety, and never leave kids or pets in a hot car

Read more about preventing common summer injuries from Johns Hopkins Medicine.



Be safe in and around water.

During summer trips to the beach, lake, and pool, keep water safety in mind.

- Wear a life jacket when participating in activities on the water
- Practice safe swimming: Sign up for swim lessons and only swim in designated or supervised areas
- Take a water safety class to learn more about CPR and what to do in a water emergency

Read more about water safety on the American Red Cross website.

Schedule a Summer Check-Up

As they grow, kids and teens should stay on track with the vaccinations their doctor recommends. This summer, schedule a check-up with your doctor to ensure your child is up to date on their age-specific and routine vaccinations. During the visit, you can also talk to the doctor about their overall physical and mental health, and schedule any additional exams that might be needed. A summer check-up can contribute to good health year-round!

Healthy Summer Habits Bingo



Summer is here! This season and every season, it's important to take care of your body and mind. Can you practice healthy habits to get bingo this summer?

B	I	N	G	O
 Try a new and healthy recipe	 Wear clothing that shades your skin from the sun	 Play outside with a friend	 Try out a new craft or invent a game	 Wear a helmet when riding a bike, skateboard, or scooter
 Apply sunscreen every day for all outdoor activities	 Swap a sugary drink for water	 Talk to a loved one in-person or on the phone	 Have a summer check-up at the doctor	 Wash hands for 20 seconds before a meal
 Get a good night's sleep	 Read a nutrition label at the grocery store	FREE	 Use sun protection before going outside	 Drink water throughout the day
 Write about your summer in a journal	 Take care of a plant	 Get 60 minutes of physical activity in one day	 Take a water safety class	 Try a deep breathing exercise
 Wear your seatbelt	 Take a swim lesson	 Swap a sugary or salty snack for a fruit or vegetable	 Read or listen to a new book	 Research your local public health department

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