



Spring and summer safety tips for kids



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Playing safely

Playing outdoors is a great way for children to get exercise, but it's important for adults to keep a close eye on children on playgrounds and during other outdoor activities to make sure they stay safe.

Here are a few tips

- Make sure an adult is always watching.
- Visit playgrounds built on a soft surface, like rubber, bark chips or sand.
- Dress children in safe play clothes. Avoid scarves, hood draw-strings and necklaces that can get caught on play equipment. Choking and strangulation injuries while at play are common.

Helmets are a must

Helmets prevent 85 percent of head injuries. Have your child wear a helmet any time he or she is on wheels—whether it's a bike, scooter or skateboard. If your child is 16 or younger, it's the law! A new helmet is more effective than an old one that has been in a crash.



MULTI-PURPOSE HELMET



BIKE HELMET

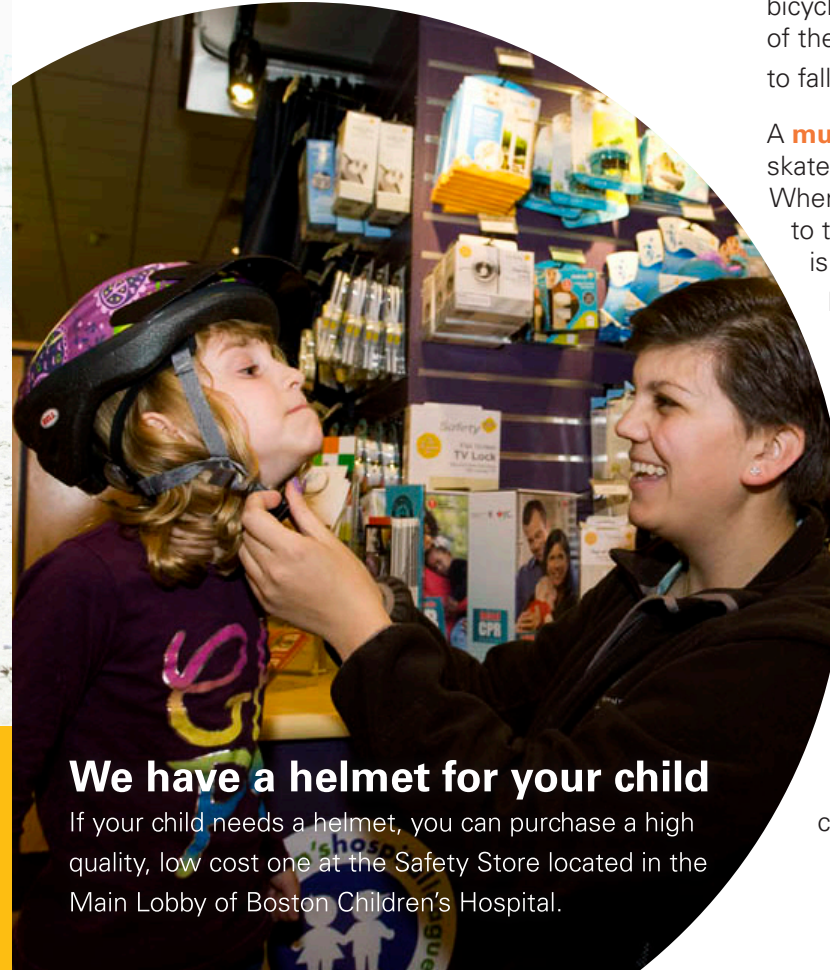
There are different helmets for different activities

A **bike helmet** is the best helmet to wear while bicycling because it's designed to protect the front of the head. In bike falls, it's common for the rider to fall forward.

A **multi-purpose helmet** can be worn when skateboarding, roller-skating or riding scooters. When on skates or scooters, falling backwards or to the side is more likely and a multi-sport helmet is designed to better protect the back of the head.

To fit your child's helmet

1. Put the helmet on your child's head. Have your child look up; he or she should see the helmet.
2. Front straps go under the chin and make a 'V' just under the ears. Rear straps should be flat behind the head.
3. Ask your child to open her mouth as wide as possible. Does the helmet hug the head? Tighten straps as needed until the helmet doesn't move around on the head. One finger should fit between the chin and the chinstrap when your child's mouth is closed.



We have a helmet for your child

If your child needs a helmet, you can purchase a high quality, low cost one at the Safety Store located in the Main Lobby of Boston Children's Hospital.

Window safety

A window open just five inches can be dangerous for children under the age of 10.



When the weather gets warm, it's tempting to open windows to let in fresh air. To keep kids safe around open windows and prevent serious falls:

- Use window guards on all windows above the first floor. **Screens are not strong enough to stop a child from falling through a window.**
- Keep windows locked when they are closed.
- Set rules with your child about not playing near windows.
- Keep furniture away from windows so children can't climb up.
- Open windows from the top, leaving the bottom closed, when possible.



Boston Children's Hospital
Injury Prevention Program

Water safety

To keep kids safe around pools, lakes, the ocean, wading pools, kiddie pools, bathtubs, buckets, toilets and hot tubs:

- Always keep kids in your direct line of sight. Be focused and alert. Reading, listening to music or having long talks with other people can limit your ability to pay attention.
- A pool should have a fence with a gate that locks. The fence needs to be at least four feet high and should surround all four sides of the pool.
- When boating, both you and your child should wear a life vest at all times.
- **A child can drown in as little as one inch of water. Even if your child knows how to swim, watch her closely anytime she is in—or around—water.**



Teach your child to swim. The American Academy of Pediatrics recommends that children begin swimming lessons at 4 years old.

Summertime is sun-protection time

Sunburns and dehydration are common during the warmer months, but can be avoided.



- Use sunscreen. Sunburns happen, even on cloudy days. If you are going to be outdoors for more than a half-hour, use sunscreen, sunglasses, hats and long sleeves.
- Long sleeves and pants also protect against sunburns and insect bites.
- Take water breaks. If your child complains about dizziness, headache, nausea or muscle cramps, he or she could be overheated or at risk for heat-related illness. Help your child lie down in a cool, shaded area with feet raised. Give the child water to drink, and use a cool cloth if available.

Caution with dogs

Dogs and other animals spend more time outside during the spring and summer, too. To avoid animal bites, teach your child these safety tips:

- Always ask the owner if it's okay to pet the dog.
- Let the dog see and sniff you before petting it.
- Stay calm around the dog and move slowly.
- If a dog you don't know comes up to you, stay still and look at the ground until it goes away.
- If a dog attacks and knocks you over, roll into a ball and cover your face with your arms.