#### **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 finish 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 on the CDC website.



### **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.



#### 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
- 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 on the CDC website.



#### 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.

## **Vaccines for Kids**

**Did You Know?** 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? Try it out below or brainstorm more ways to finish summer strong.



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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