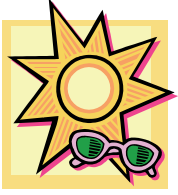


# Safety Tips



## Spring, Summer and Fall:

- Check for broken bottles/dangerous materials where your child plays.
- Ensure your toddler does not put small objects in his/her mouth.
- If in the sun, have your child wear a hat and a broad-spectrum (UVA/UVB) sunscreen with SPF (sun protection factor) 30 or higher. Put sunscreen on your child's skin 20 minutes before playing outside. Sunscreen can be washed off by water and sweat, so be sure to reapply every two hours, or, if your child is swimming or sweating.

Children over 6 months can wear sunscreen.

Check for an allergic reaction, leave a small amount of sunscreen on the inner arm overnight; check for rash, redness, irritation.

- Encourage your child to drink lots of water if it is hot.
- Go outside when there are fewer mosquitoes and black flies. Dress your child in light, long pants and long-sleeved shirts. Some insect repellents are not safe for babies and toddlers.
- Reduce sun exposure between 11am and 4pm and when the UV Index is three or more.
- Seek shade or create your own shade.
- **Slip** on clothing to cover your arms and legs, **Slap** on a wide-brimmed hat, **Slop** on a sunscreen with SPF 30 or higher.
- Encourage kids to "be cool" and to wear unbreakable UVR protective sunglasses.
- Keep babies under one year of age out of the **direct** sun.

Repellents containing DEET or P-menthane 3, 8-diol are not safe for toddlers. If you need to apply some insect repellent, use the least concentrated product (10% of DEET or less). DO NOT apply more than once/day and ONLY apply to exposed skin and outside clothing. Wash off with soap and water when you don't need protection anymore.



## In the Winter:

- Keep children away from the banks of ponds, lakes, streams and rivers during the spring thaw.
- Use sunscreen even on cloudy days.
- Avoid structures that are slippery from ice.
- Don't let your child eat the snow.
- Make sure your child stays active to keep warm.
- Follow the sun safety guidelines, even on a winter day.

Children should play indoors if the temperature falls below -25C (-13F), regardless of the wind chill factor.

All winter activities require warm, dry clothing. To prevent frostbite, children should be dressed in warm clothes, including:

- **Hat:** warm, close-fitting, and covering ear lobes; not a baseball cap.
- **Mittens:** gloves do not keep hands warm as effectively as mittens.
- **Loose layers:** an absorbent synthetic fabric next to skin, a warmer middle layer, and a water resistant/repellent outer layer.
- **Socks:** a single pair of socks, either wool or a wool blend (with silk or polypropylene) is better than cotton which offers no insulation when wet. Avoid extra thick socks as they can cause cold feet by restricting blood flow and air circulation around the toes.
- **Avoid scarves and hats with drawstrings:** use tube-shaped neck warmers and if scarves must be used, tuck them into jackets. Be sure to cover his/her mouth, nose and cheeks.
- **Boots:** be sure boots are dry and not too tight.
- Children should get out of wet clothes and shoes as quickly as possible as they are the biggest factors in frostbite.