



FOR IMMEDIATE RELEASE

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Keeping Your Kids Safe This Summer!

Summer is officially here! As the weather warms up and families start spending more time outside, it is important to make summer safety a priority to help ensure a healthy and happy season. That's why First 5 Butte County Children and Families Commission encourages parents and caregivers to use the following safety tips from the American Academy of Pediatrics (AAP) this summer:

Sun Safety:

- Babies under six months should be kept out of the direct sunlight. The best way to prevent sunburn is to dress infants appropriately - in lightweight long pants, long-sleeved shirts or brimmed hats if possible. At six months of age, parents can also apply a minimal amount of sunscreen to babies, including on their faces and on the backs of their hands.
- For young children, apply sunscreen at least 30 minutes before going outside, and use sunscreen even on cloudy days. Don't forget to check the bottle's label and make sure the SPF is at least 15.
- Reapply sunscreen every two hours or after swimming and playing to help ensure children are protected from the sun.
- A child's skin is sensitive and especially vulnerable to sunlight. That's why sunburns and tanning during childhood can increase a child's risk of developing skin cancer as an adult. Be safe and apply sunscreen often or limit your child's sun exposure by staying in the shade or indoors between 10 a.m. and 4 p.m. when sunlight is most intense.

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Summer Safety
Page 2 of 2

Water Safety:

- Children should never be left alone in or near water.
- Whenever infants or toddlers are in or around water, an adult should be within arm's length to provide supervision.
- Keep a portable telephone nearby in case of an emergency.

Playground Safety:

- Playground equipment gets hot! Always check to make sure slides are cool before letting a child play on them. This will prevent a child from getting burned.
- Always supervise children on playground equipment to make sure they are safe.
- Check playground equipment to make sure children cannot reach any moving parts that may pinch them.

First 5 Butte County Children and Families Commission is committed to improving the lives of children and families throughout Butte County. Raising awareness and educating parents and caregivers about how to keep children healthy and safe during their early years is an essential component of the Commission's programs. For additional summer safety tips, please visit the AAP Web site at www.aap.org. For more information about First 5 Butte County Children and Families Commission's programs, visit www.buttecounty.net/BCCFC or call 538-7964.

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