

# Summer

## WELLBEING

### 7 WAYS TO KEEP YOUNG CHILDREN SAFE IN SUMMER



1

#### SUPERVISION

Watch young children all the time around water as they can drown in less than 2 inches (6 centimetres).



2

#### SWIMMING LESSONS

It's never too early to teach your children how to swim.

3

#### LIFE JACKETS/ LIFE VESTS

Get proper fitting, age appropriate, coastguard-approved flotation devices (life jackets/life vests) and use them whenever your children are near water.



4

#### FENCE IN YOUR POOL OR POND

Having a fence between the water and your house will help prevent drownings.



5

#### SKIN PROTECTION

Teach your children to be Sunsmart. Reapply sunscreen frequently, especially if they are getting wet. Wear UV sunglasses, sunhats, and protective clothing. Keep in the shade, especially when the sun is at its strongest.

6

#### KEEP DRINKING

Babies and young children need to drink plenty of fluids to avoid becoming dehydrated (becoming too dry). Diluted fruit juice, ice, fruit and salads can help to boost fluids. Watch out for the signs of dehydration, which include dizziness, weeing less, feeling sick or being sick.



7

#### KEEP COOL

Keep your children cool and safe during hot weather. Play in a shaded paddling pool. Do not use a blanket or sheet to drape over a pushchair. Run a cool bath before bedtime. Keep your child's bedroom cool during the day by closing blinds or curtains and using a fan. Keep nightwear and bedclothes to a minimum. Monitor the temperature of your baby's room. Your baby will sleep most comfortably when their room is between 16C (61F) and 20C (68F).



For more advice go to

[www.dudley.gov.uk/summerwellbeing](http://www.dudley.gov.uk/summerwellbeing)  
or [www.lets-get.com/seasonal-wellbeing](http://www.lets-get.com/seasonal-wellbeing)

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