



Extension Connection

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The mission of K-State Research and Extension Family and Consumer Sciences is to link education with life experiences to help people improve their lives, their families and their communities. Family and Consumer Sciences professionals support essential life skills including Community Development, Healthy Lifestyle Choices, Leadership & Volunteer Development, Relationship Development and Resource Management.

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Keep Kids Safe this Summer

Summertime is quickly approaching. Many kids will enjoy both indoor and outdoor activities and keeping them safe and healthy is the number one priority of summer fun. There are five key areas to touch on, water safety, beat the heat, keep the bugs away, prevent injuries and stop the violence.

According to the CDC (Centers for Disease Control) drownings are the leading cause of injury death for young children ages one to four. Three children die every day as a result of drowning. Water related activities are popular in the summer. Here are a few ways to stay safe:

- Always supervise children when in or around water. A responsible adult should constantly watch young children.
- Teach kids to swim. Formal swimming lessons can protect young children from drowning.
- Learn cardiopulmonary resuscitation (CPR). Your CPR skills could save someone's life.
- Install a four-sided fence around home pools.
- When at the lake, wear a properly fitted life jacket.

Heat related illness can happen to anyone, however infants and children up to four are at the greatest risk. For heat related illness, the best defense is prevention.

- Never leave infants, children, or pets in a parked car, even if the windows are cracked open.
- Dress infants and children in loose, lightweight, light-colored clothing.
- Schedule outdoor activities carefully, for morning and evening hours.
- Cover up and use sunscreen.

Keep mosquitos and ticks from bugging you! Use an effective insect repellent and check yourself and your children for ticks.

Each year over 200,000 children ages 14 and younger go to the emergency room for playground related injuries. Look for well-maintained surfaces under equipment and supervise children at all times. Concussions can also occur. Learn the warning signs for them and wear the right protective equipment for recreation activities. Be sure to educate your children on fire prevention, microwave use and living with pets. Home safety is just as important.

Finally, stop the violence. Nearly one in ten teens report being hit or physically hurt on purpose at least once over the course of a year. In the digital age children can use electronic devices to harass or threaten peers. Take steps to protect your children.

For more detailed information, go the CDC's website at: <https://bit.ly/2sl6W19>

For additional information, contact the Wildcat Extension District, Crawford County, 620-724-8233, Labette County, 620-784-5337, Montgomery County, 620-331-2690.

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