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PARENT HEALTH BULLETIN

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THIS MONTH'S TOPIC: PARENT'S GUIDE TO SUMMER SAFETY

It is important to make safety a priority when the family is outside!

You should set the example

If you follow the rules, your child will follow your example!

- Wear a helmet when biking with your child
- Follow all walking safety rules when you are out walking or jogging, whether you are with your child or alone.
- Make sure to put on sunscreen when you are going outside.
- Do not forget your water bottle. Make it easy for yourself by having water available while you are outside.

Ready, set, communicate!

Not only should you have rules for your child when playing outside, make sure that you communicate with them what the rules are.

Talk with your child about where he or she can ride bikes, walk, or play. Make sure he understands

Continued on the back →



*Make sure your child wears a helmet and pads **when he is biking.***

CONTINUED FROM PAGE 1

where this area is and why he must stay there for the activity.

Make sure your child tells you where she is going and when she will be back. This includes just going to play in your designated area.

Watch your children on hot days. Make sure they stay protected with sunscreen and that they have plenty of water to drink to keep from becoming dehydrated.



Preventing injuries

Although sometimes we cannot prevent injuries, there are some things you can do to reduce the risk of your child getting hurt.

Make sure your child tells you where she is going and when she will be back.

Keep up with the types of protective gear required for each sport that your child plays and always use it during practice time.

Make sure your child wears a helmet and pads when he is biking to prevent injury from possible falls.

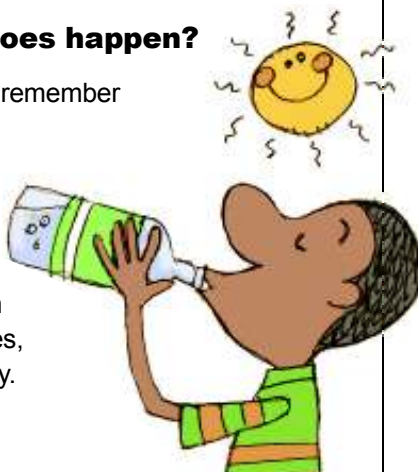
Wearing colorful and bright clothing when walking or jogging is important so that cars on the road see you and/or your child.

What if an accident does happen?

If your child does get hurt remember R – I – C – E.

Rest: Rest the injured area by reducing the use of it for 48 hours.

Ice: Place an ice pack on the injured area for 20 minutes, approximately 4-8 times a day.



Compression: Compression may reduce swelling if the area injured is the ankle, knee, or wrist.

Elevation: If it does not hurt to do so, elevate the injured area in a position that is above the level of the heart.

If the injury is serious, do not delay getting medical care!



SOURCES:

National Institutes of Health. National Institute of Diabetes and Digestive and Kidney Diseases. "Healthy Eating & Physical Activity Across Your Lifespan. Helping Your Child. Tips for Parents." at <http://www.niddk.nih.gov/health/nutrit/pubs/parenttips/tipsforparents.htm>

National Institutes of Health. National Institute of Arthritis and Musculoskeletal and Skin Diseases. Health Topics: "Childhood Sports Injuries and Their Prevention, A Guide for Parents with Ideas for Kids." at http://www.niams.nih.gov/hi/topics/childsports/child_sports.htm

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