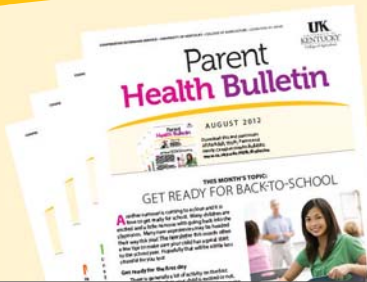


Parent Health Bulletin



APRIL 2013

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THIS MONTH'S TOPIC: PLAYGROUND SAFETY

Playgrounds offer kids lots of fresh air, friends and exercise, but it is important to make sure your child is safe. If you are going to the playground with your child, make sure that faulty equipment, improper surfaces and careless behavior don't ruin the fun.

Kids are less likely to get hurt if they know the rules of the playground. When going to the playground, make sure you talk to your children beforehand about what you expect of them. Are there certain equipment pieces that you do not want them on? If so, make sure you tell them before you get there. You may also need to remind them when you are at the playground.

These may be important reminders for you and your child:

- Do not push others on the jungle gyms, slides or equipment where someone could



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Be aware that the equipment may be slippery if it has been raining or if there is dew on the equipment.

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fall and get hurt. It may be a good idea to set the rule that hands should be kept to oneself.

- Make sure the equipment is being used correctly. For example: feet should go first down the slide, a person should sit on a swing and stay inside the guardrails, if there are some on the play structures.
- Be aware that the equipment may be slippery if it has been raining or if there is dew on the equipment.
- As it gets warmer, be aware that the equipment may also get hot. Before seating your child on a swing or slide, make sure the surface is not too hot.
- Be careful of clothes that have cords or drawstrings — they might get caught on the equipment.
- Wear sunscreen. Even on cloudy days, it is possible to get sunburns.
- Usually equipment is grouped by age level; make sure your child is using the right equipment.
- You may want to check equipment to make sure that nothing is broken.
- Although most playgrounds have some material underneath to make landings a little softer, it is still important to be careful.
- If you have drinks or food, make sure you put all of your trash in the trashcan. You want the playground area clean for your next visit.

When going to the playground, make sure you talk to your children beforehand about what you expect of them.



SOURCE:

- Nemours Kids Health - Playgrounds (July 2011) http://kidshealth.org/kid/stay_healthy/fit/playground.html#cat120
- Nemours Kids Health – Playground safety (July 2011) http://kidshealth.org/parent/firstaid_safe/outdoor/playground.html#cat20562

A playground can be a great place to have fun. But it is important to be safe when you and your family are out on the playground.

Parent
Health Bulletin

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