

# GIKINAWAABI

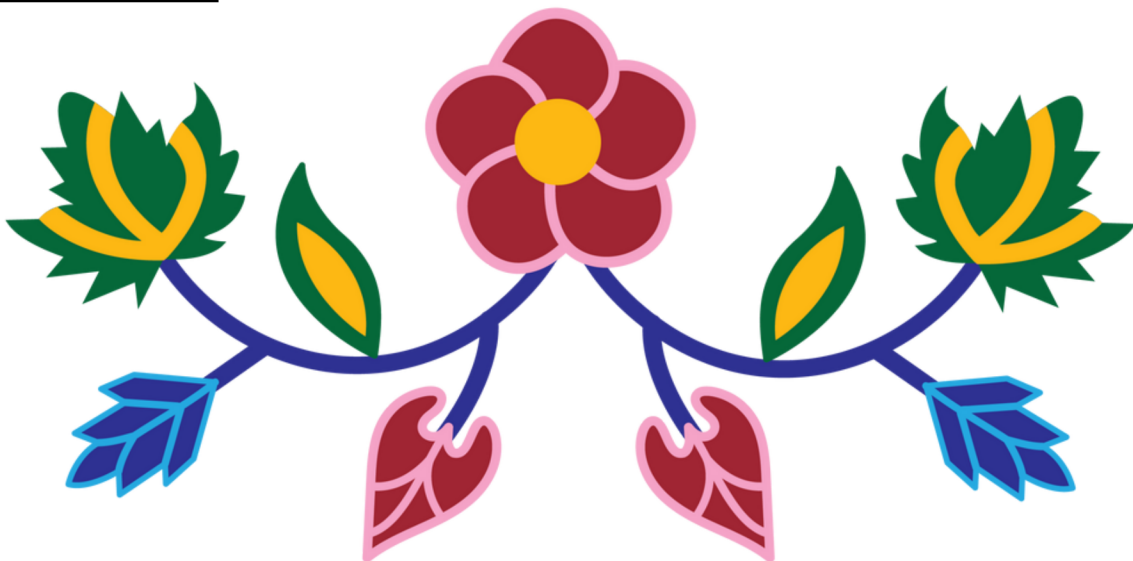
## LESSON 20

**LESSON: SAFETY IN THE SUMMER**

**ACTIVITY 1: SUMMER SAFETY GUIDELINES FOR MY FAMILY**

**ACTIVITY 2: SUNSCREEN PRACTICE**

**ACTIVITY 3: MAKE YOUR OWN FROZEN TREATS**



# LESSON 20

## SAFTY IN THE SUMMER



### LESSON OBJECTIVE

The family will be knowledgeable about injury prevention during the summer, specifically in the topics of sunscreen, heat related illness, and water safety.

### MEDICINE WHEEL WISDOM



Time moves us through the different directions on the medicine wheel each direction brings us new teachings as well as new challenges. Summer is observed in the southern direction of the medicine wheel.

### FAMILY OUTCOMES: PICCOLO

- Attends to the child's actions
- Is physically close to the child
- Shows Enthusiasm for what the child is doing

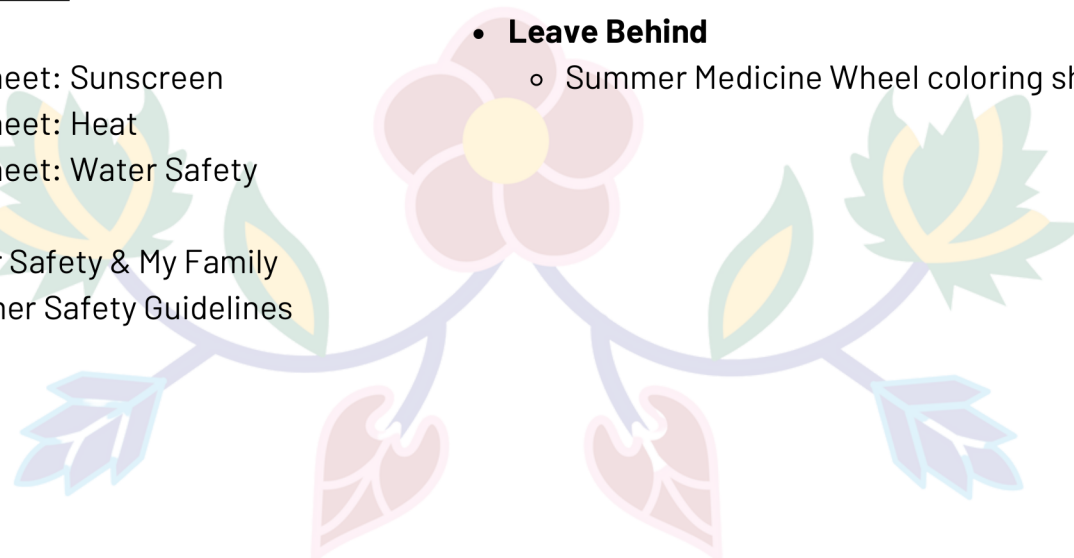
### CHILD BEHAVIOR OUTCOMES: LOLLIPOP

- Active and attentive listening
- Uses expanding vocabulary to express feelings
- Demonstrates receptive and expressive language skills
- Is able to use words that have been introduced in the activity

## HOME VISITOR LESSON OVERVIEW

### Materials Needed:

- **Lesson**
  - Tip Sheet: Sunscreen
  - Tip Sheet: Heat
  - Tip Sheet: Water Safety
- **Activity 1**
  - Water Safety & My Family
  - Summer Safety Guidelines
- **Leave Behind**
  - Summer Medicine Wheel coloring sheet



# LESSON 20

## SAFTY IN THE SUMMER



### LESSON

1. Summer is the time of year for fun days spent at the beach, cooling off in the pool, exploring the lake, playing at the park, and enjoying the outdoors.

2. With these fun summer activities come some inherent safety risks. It is good to be informed and knowledgeable about how to avoid being in unsafe situations and the best way to respond if you do find yourself or your family in one.

**Sun:** Take out “tip sheet: Sunscreen”

- We all need some sunlight to stay healthy. Sun exposure helps our skin produce vitamin D, which helps us absorb calcium for healthy bones. It is important to keep in mind that according to the CDC, even 15 minutes in the sun can damage unprotected skin.
- Sunscreen is important to help keep our skin healthy
- Walk the family through the tip sheet
- Have a discussion with them after you have reviewed it
- Sample questions may include:
  - Did anything surprise you?
  - What is one main idea you plan to use this summer?
  - Do you have any unanswered questions?

**Heat:** Take out “tip sheet: Heat”

- When it comes to the heat during the summer our two main concerns are heat exhaustion and the less common heat stroke.
- It is important to know the signs and symptoms and how to avoid it and help your child if you notice anything unusual
- Heat Exhaustion: is the body's response to an excessive loss of water and salt, usually through excessive sweating. Kids get heat exhaustion when their bodies cant cool themselves fast enough.
- Heat Stroke: is a more serious heat related illness. It occurs when the body can no longer control its temperature: the body's temperature rises rapidly, the sweating mechanism fails, and the body is unable to cool down.

**[HV Note]**

- **Heat stroke in a baby** is rare but very dangerous. Allowing a baby or child to stay outside too long in hot weather, ride in a hot car or sit in a parked car – which should never occur – can cause his or her body temperature to rise quickly.

# LESSON 20

## SAFTY IN THE SUMMER



### LESSON

- *Since babies and very young children can't tell you when they're uncomfortable, watch for unusual behaviors or concerning symptoms, such as:*
  - *Restlessness*
  - *Rapid breathing*
  - *Lethargy*
  - *Irritability*
  - *Vomiting*
- Walk the family through the tip sheet
- Have a discussion with them after you have reviewed it
- Sample questions may include:
  - Did anything surprise you?
  - What is one main idea you plan to use this summer?
  - Do you have any unanswered questions?

#### **Water:** Take out "tip sheet: Water Safety"

- Water can be an important part of our summer activities. Wether it is water play in the backyard, taking a family vacation to the beach, or visiting your local pool, it is important to make safety a priority.
- According to the CDC:
  - "Fatal drowning is the leading cause of death for children 1-4 and the second leading cause of unintentional injury death for children 5-14, behind motor vehicle crashes."
  - "Drowning death rates for American Indian or Alaska Native people ages 29 and younger are 2 times higher than the rates for White people"
- Walk the family through the Tip Sheet
- Have a discussion with them after you have reviewed it
- Sample questions may include:
  - Did anything surprise you?
  - What is one main idea you plan to use this summer?
  - Do you have any unanswered questions?



**SUMMER SHOULD BE FUN, BUT IT IS IMPORTANT TO STAY SAFE!**

# LESSON 20

## SAFTY IN THE SUMMER



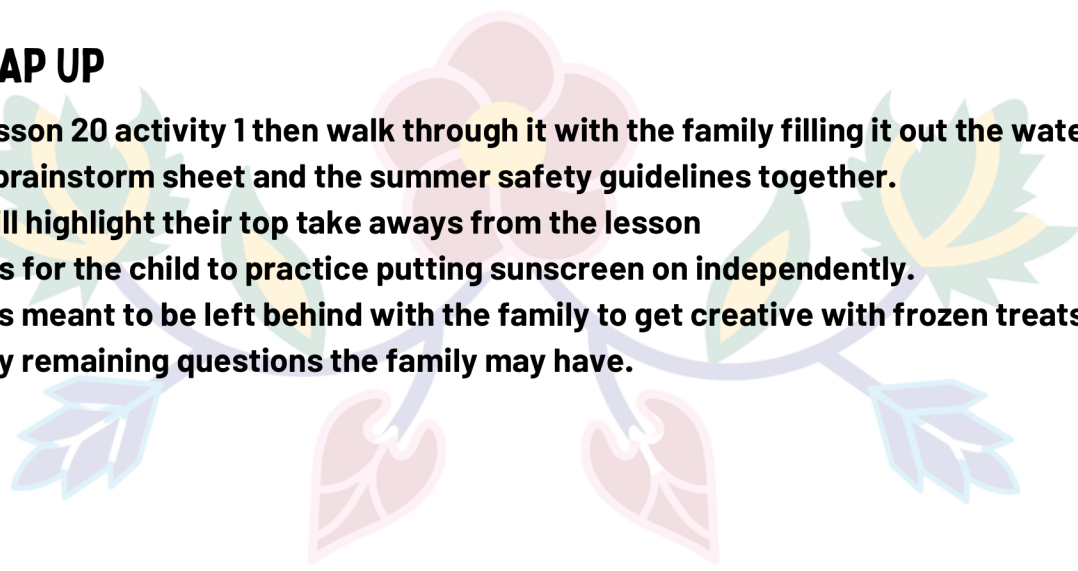
### LESSON

3. Summer is a time of fun and usually means spending extra time outdoors. Having family safety guidelines will allow your family to catch rays and waves while having a blast and being safe.

NESHNABEMWEN	PRONUNCIATION	ENGLISH
Niben	nee-bin	Summer
Mbish	bee-sh	Water
Gises	Gee-zis	Sun
Gshaté	Gizh-aah-te	It is hot

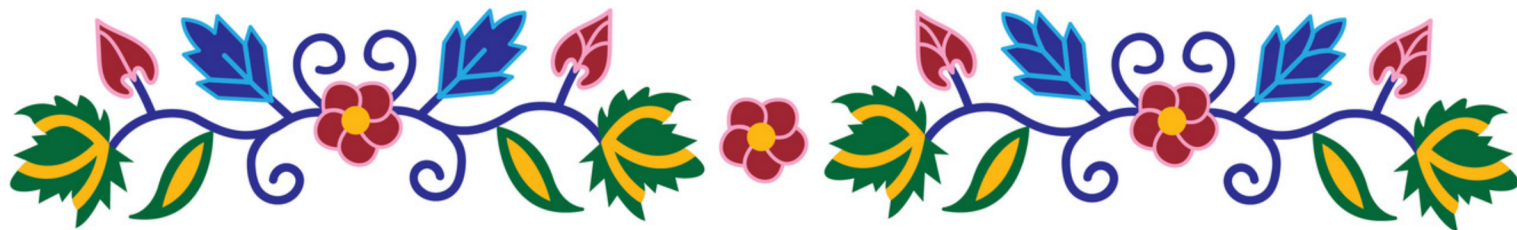
### LESSON WRAP UP

- Explain Lesson 20 activity 1 then walk through it with the family filling it out the water safety & my family brainstorm sheet and the summer safety guidelines together.
  - This will highlight their top take aways from the lesson
- Activity 2 is for the child to practice putting sunscreen on independently.
- Activity 3 is meant to be left behind with the family to get creative with frozen treats.
- Answer any remaining questions the family may have.



# LESSON 20 ACTIVITY 1

## SUMMER SAFETY GUIDELINES FOR MY FAMILY



### SAFETY FIRST!

- Discuss what the family's relationship to water will look like this summer.
  - Refer to the Water Safety & My Family brainstorm sheet to help guide this conversation.

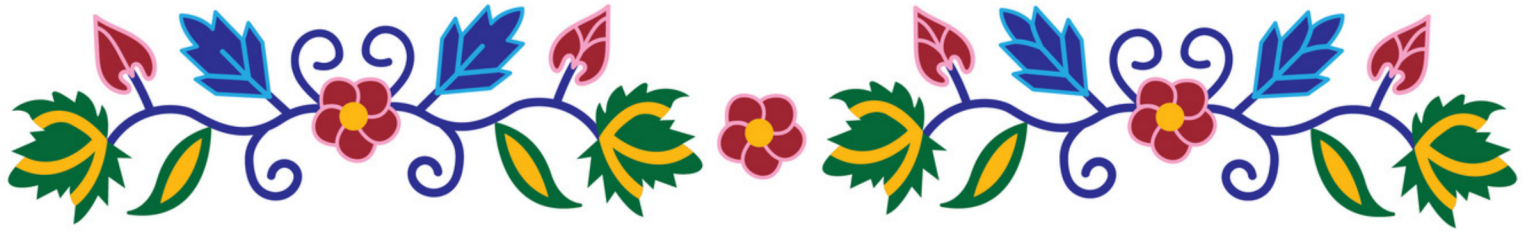
### PUTTING IT ALL TOGETHER

- Using the Summer Safety Guidelines sheet, brainstorm with the family what are their top 10 takeaways from the lesson are that they would like to implement or practice with their family this summer.
  - Think about everything that was covered in this lesson regarding sunscreen use, heat related illness, and water safety.
- Encourage the family to post this on their refrigerator or somewhere that is frequently seen as a reminder to stay safe.
  - This will also inform visitors such as babysitters, grandparents, aunts & uncles, family friends, etc., of the family's summer safety expectations.



# LESSON 20 ACTIVITY 2

## SUNSCREEN PRACTICE



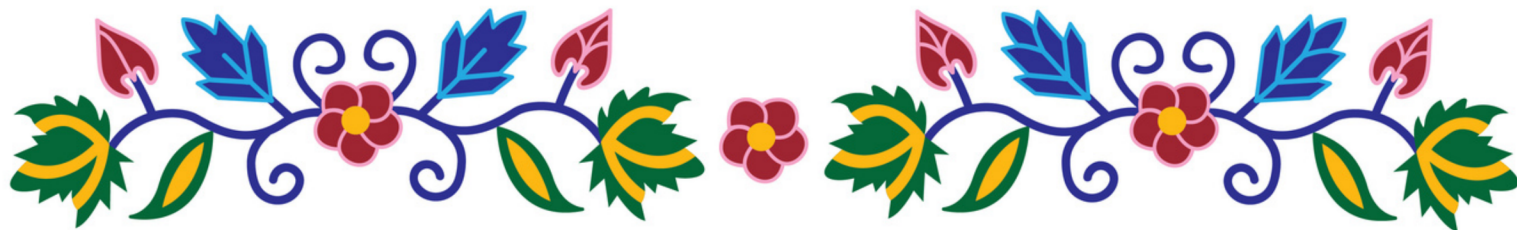
### PRACTICE MAKES PERFECT!

- Applying sunscreen correctly can take some practice.
- Using everyday lotion, you can practice with your child by putting it on as if you were preparing to go out in the sun.
- Don't forget the commonly missed places!
  - Ears
  - Nose
  - Back of neck
  - Back of legs
  - Tops of feet



# LESSON 20 ACTIVITY 3

## MAKE YOUR OWN FROZEN TREAT



### GET CREATIVE!

#### STEP 1

Choose a container to freeze them in

- **Examples:**
  - Ice Cube trays
  - Dixie cups
  - Dots on a baking sheet
    - With parchment paper over top
    - Put contents in a plastic bag cut out the corner and pipe them on
  - Popsicle mold

#### STEP 2

Choose a Base

- **Examples:**
  - Yogurt
  - Coconut water or Coconut Milk
  - Smoothie mix
  - Juice
  - Tea

#### STEP 3

Pick out extras you want to add (optional)

- **Examples:**
  - Fruit (fresh or frozen)
  - Herbs
    - Mint
  - Greens
    - Spinach or Kale

#### STEP 4

Switch it up!

- Mix & Match
- Blend
- Layer



#### TIPS:

- **Tip:** Adding cornstarch can make your popsicles creamy instead of icy
- Look around your house to see what you already have available
- Make sure to cut up any large fruit pieces that could be a choking hazard

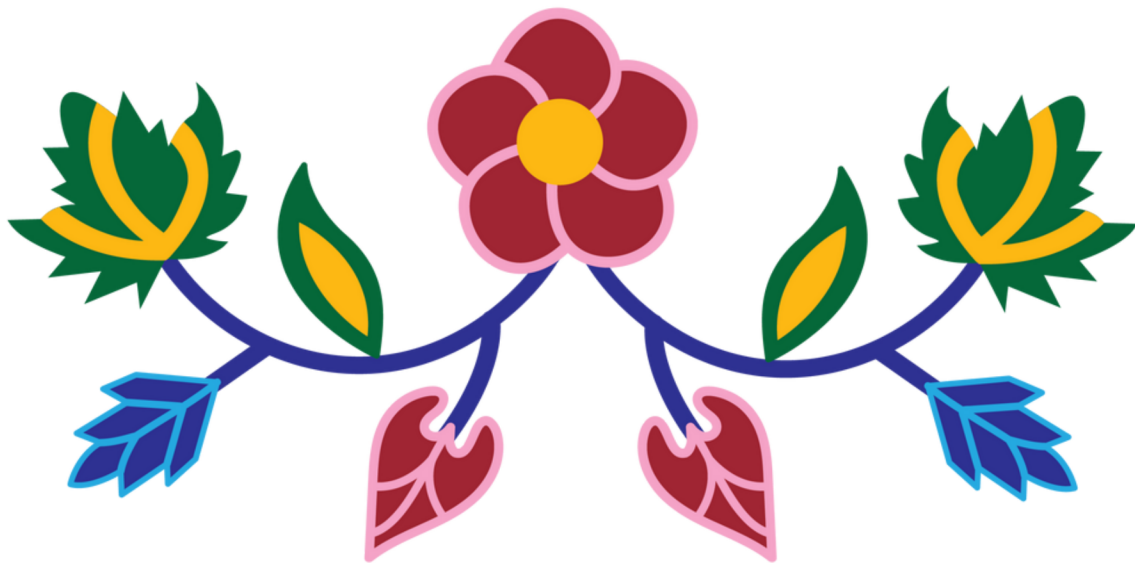


# **GIKINAWAABI**

## **LESSON 20**

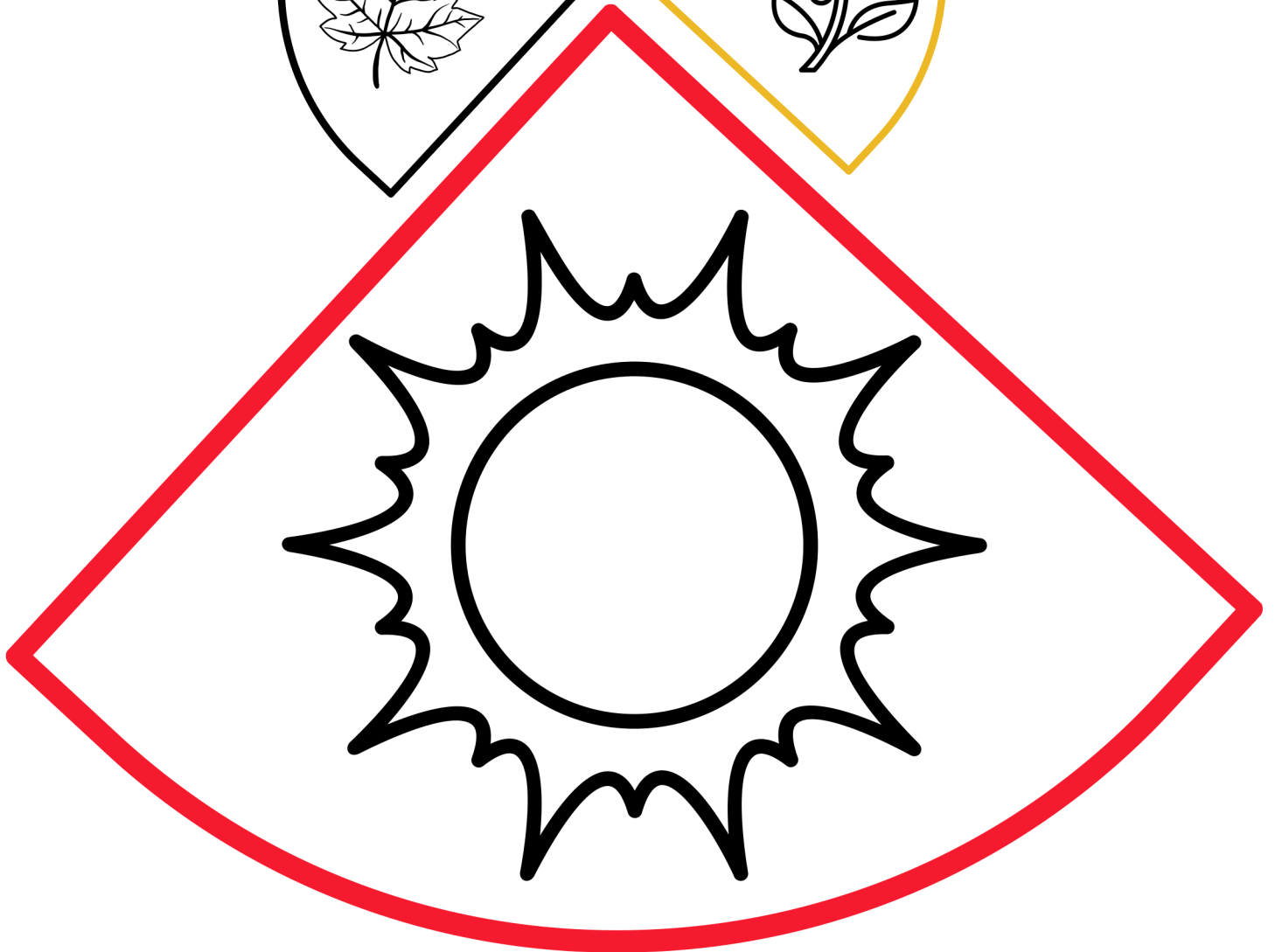
### **ADDITIONAL LEAVE BEHIND PAGES**

- **SUMMER MEDICINE WHEEL COLORING SHEET**
- **TIP SHEET SUNSCREEN**
- **TIP SHEET HEAT**
- **TIP SHEET WATER SAFETY**
- **WATER SAFETY & MY FAMILY**
- **SUMMER SAFETY GUIDELINES**





# SUMMER NIBEN





# TIP SHEET: SUNSCREEN

***We all need some sunlight to stay healthy. Sun exposure helps our skin produce vitamin D, which helps us absorb calcium for healthy bones. It is important to keep in mind that according to the CDC, even 15 minutes in the sun can damage unprotected skin.***

## TIPS

- The sun is the most intense late morning, midday and early afternoon
- **Cover Up!**
  - Seek out shade or wear Ultraviolet Protection Factor (UPF) sun shirts and gear
  - Wear a wide brimmed hat and sunglasses
- **Double Check Medication**
  - Some medications can make you more sensitive to UV rays
    - Antibiotics, acne medicines, or over the counter medicines your kids can take are some examples
- **Sunscreen is not just for sunny days. It's for cloudy days and during the winter too**
- **Sunscreen is not recommended for babies under 6 months old**
  - Keep babies under 6 months out of direct sunlight
  - use a tree, umbrella, tent, or stroller canopy
- **Swimmers, boaters, and skiers are at increased risk for sun injury. The sun's rays reflect off water, sand, and snow, increasing exposure**

## APPLYING SUNSCREEN

- Apply a thick generous layer to all exposed skin
- Always use SPF 30 or higher
- Apply Sunscreen 15-30 minutes before spending time in the sun
- Reapply every 2 hours and after swimming
- Watch for reactions when trying a new sunscreen
- Commonly missed application areas:
  - ears
  - nose
  - back of neck
  - back of legs
  - tops of feet
  - lips





# TIP SHEET: SUNSCREEN

## CHOOSING THE RIGHT SUNSCREEN



- Look for “Broad-Spectrum” on the label
  - This means it will block out UVB & UVA rays
- Sunscreens with physical blocks like titanium dioxide or zinc oxide are both gentle and effective for sensitive areas such as nose, cheeks, tops of the ears, shoulders, etc.
  - You may be able to see it even after it is rubbed in giving your child a white glow
- Water-resistant sunscreens can no longer be labeled as “waterproof.” Sunscreens are now labeled as water resistant for up to 40 to 80 minutes
- Spray sunscreens can be more of a challenge to get a thick even application

## WHAT IF MY CHILD GETS SUNBURNED?

- Take a cool (not cold) bath or gently apply cool wet compress to the skin to help ease the pain and heat
- Apply moisturizing cream or Aloe Vera gel
  - Avoid petroleum-based products. They prevent excess heat and sweat from escaping
- Make sure your child stays hydrated!
- Take a break from the sun until your child’s sunburn has time to heal
- Call your Doctor if...
  - blisters develop, ooze, or become infected
  - your child develops fever, chills, becomes sick to their stomach, or you notice confusion



**DON'T FORGET TO BE A GOOD  
SUNSCREEN ROLE MODEL!**



# TIP SHEET: HEAT

## ABOUT

If you are out in the hot sun or exercising on a hot day it is easy to get heat exhaustion. Kids get heat exhaustion when their bodies can't cool themselves fast enough.

Heat Stroke is a more serious heat related illness. It occurs when the body can no longer control its temperature: the body's temperature rises rapidly, the sweating mechanism fails, and the body is unable to cool down.

## HOW TO PREVENT HEAT-RELATED ILLNESS

- Drink plenty of water and stay hydrated!
  - Find a super fun water bottle that your child is excited about
- Wear sunscreen
- Take frequent breaks from the sun/heat
- Wear light colored, loose fitting, or moisture wicking clothing
- Make sure your child's favorite play areas have a shady spot, or bring along a sun umbrella
- Enjoy outdoor activities during the cooler times of the day, such as earlier in the morning or later in the day



## WHAT TO LOOK FOR

- |                      |                              |                           |
|----------------------|------------------------------|---------------------------|
| • Excessive thirst   | • Leg or stomach cramps      | • Confusion               |
| • Fatigue            | • Cold, pale and clammy skin | • No sweating/dry skin    |
| • Weakness           | • Redness                    | • Have a high temperature |
| • Unsteadiness       | • Irritability               | • Loss of consciousness   |
| • Headache           | • Nausea or vomiting         | • Seizures                |
| • Increased sweating |                              |                           |



# TIP SHEET: HEAT



## WHAT TO DO IF SYMPTOMS OCCUR

- **Move to a cooler, shaded, or air conditioned space if available (either in a building or a vehicle)**
- **Take a cold shower or use a cold compress**
  - Apply to the armpits, groin area, back of neck, or forehead
- **Drink cool fluids that contain salt or electrolytes (like sports drinks) or water if that's not available**
- **Remove tight or extra clothing layers**
- **Encourage your child to lay down**
- **Gently stretch or massage sore muscles if your child complains of painful muscle cramps in his or her legs, arms or stomach**

### If Heat Stroke is suspected:

- **Call 911**
- **Move the person to a cooler place**
- **Use cold compress to get their temperature down**
- **Do not give them fluids unless your child is conscious and alert**

## CHILDREN MAY BE AT HIGHER RISK IF THEY...

- **Are taking certain medications**
- **Are overweight**
- **Have a sunburn**
- **Are sick**





# TIP SHEET: WATER SAFETY

*Fatal drowning is the leading cause of death for children 1-4 and the second leading cause of unintentional injury death for children 5-14, behind motor vehicle crashes (CDC). It is quick, it is quiet, and it can happen to anyone, even strong swimmers. Babies and young children can drown in as little as 2 inches of water and it can take as little as 30 - 45 seconds for a child non-swimmer.*

## IN AND AROUND THE WATER

- Put your child in a life jacket when playing near the water, on a dock, or in a boat, raft, or inner tube
- In all types of water, stay within touching distance of your child at all times
- While watching children near water, adults must keep constant focus on the children and avoid doing things that could distract you such as talking, reading or looking at your phone
- If you are in a social setting, assign an adult to be a “water watcher” This adult should:
  - not be under the influence
  - avoid distractions
  - avoid other activities while designated
  - supervise, even if there are lifeguards
  - switch off with another adult for breaks
- If a child is missing check the pool, hot tub, or open water first
- Do not rely on older children to watch younger children
- Teach children about water safety, stay consistent with your rules
- Swim lessons will help increase your child’s ability to swim and be safe in the water



## CHOOSING A BATHING SUIT

- Bathing suit colors may be more important than you realize!
- The underwater visibility of a swimsuit, and whether or not it can be immediately seen if your child goes underwater could save their life.
- Scan the QR code to see what different colored suits look like underwater.





# TIP SHEET: WATER SAFETY

## SELECTING A LIFE JACKET

- **It must have a U.S. Coast Guard approved label.**
- **A snug fit.**
  - Check weight and chest size on the label and try the life jacket on your child right at the store. Pick up your child by the shoulders of the life jacket; and tell them to raise their arms and relax. The child's chin and ears won't slip through a properly fitting jacket.
  - Do NOT buy a jacket that is too large, hoping the child will grow into it. Children come in many sizes and shapes. If a lifejacket style does not work well, try another one.
- **Head support for younger children.**
  - A well designed life jacket will support the child's head when the child is in the water. The head support also serves to roll the child face up.
- **A strap between the legs for younger children.**
  - This helps prevent the jacket from coming off over the child's head.



## LIFEJACKET TIPS

- **Life jackets only work when they are worn, and they do not take the place of adult supervision!**
- **Water wings, rafts or plastic inner tubes are not designed to keep swimmers safe. Never use them in place of a life jacket.**
- **Before use, check to make sure the life jacket is still in good shape and all components work.**
- **Never alter or cut a life jacket.**
- **Babies under 6 months or 16 pounds are too small for a life jacket to be effective due to the size of their head in relationship to their body mass.**
  - If your infant is newborn, please consider waiting until the baby is a little older before taking them boating.

**DON'T FORGET TO BE A GOOD WATER SAFETY ROLE MODEL!**





# WATER SAFETY & MY FAMILY

**DOES YOUR FAMILY SPEND A LOT OF TIME IN OR NEAR THE WATER OVER THE SUMMER?**

**WHAT TYPE OF WATER DO YOU SPEND THE MOST TIME AROUND?**

**EXAMPLES: POOLS, LAKES, RIVERS, PUBLIC AREAS WITH A LIFEGUARD, PRIVATE BEACHES, ETC.**

**DO YOU HAVE LIFE JACKETS FOR YOUR CHILD/REN? DO YOU KNOW WHERE YOU CAN GET LIFE JACKETS?**

**DO YOU HAVE A LOCAL PLACE TO TAKE SWIMMING LESSONS?**

**WHAT TYPES OF WATER SAFETY RULES DO YOU PRACTICE ALREADY AS A FAMILY?**

**WHERE DO YOU THINK YOU COULD IMPROVE?**



# SUMMER SAFETY GUIDELINES

**AFTER LEARNING ABOUT SUMMER SAFETY THESE ARE OUR FAMILY'S TOP PRIORITIES:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

**DON'T FORGET TO BE A GOOD SUMMER SAFETY ROLE MODEL!**