

# Summer Safety Tips



1



Apply sunscreen, even on cloudy days. Reapply every two hours or after being in the water or sweating.

2



Dress young children in light-colored clothing. Cover their heads to reduce heat exposure.

3



Take precautions to avoid heat and sun overexposure between 10 a.m. and 4 p.m.

4



Never leave your child alone in a car for any amount of time.

5



Offer water every 20 minutes during outdoor playtime even if your child says they are not thirsty. Avoid sugary drinks.

6



Have children take frequent breaks in the shade.

7



Put bug repellent on your child's face by spraying it first in your hand and then rubbing it on their face, avoiding their eyes and mouth.

8



Closely watch your child in or near any water. Children can drown in as little as 2 inches of water.

9



Make sure your child is wearing appropriate protective gear when riding a bike.

10



Check all play equipment for sharp edges or pinching risks. Make sure metal slides are cool before allowing your child to slide.

To support early care and education providers in child safety, check out the Maryland State Department of Education's Division of Early Childhood's [list of resources](#).

## Sources:

Safe Kids Worldwide, KidsHealth.org

