

KidsFirst

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A publication of **Texas Children's Health Plan CHIP and STAR Members** ages 0-6 and their parents.

In this issue

- 2 Be safe in the water
- 3 Preventing heat illness
- 3 Bike helmet safety
- 4 Don't leave your child in the car
- 4 Smoothie pops recipe

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Have fun and **be safe in water** this summer


Splashing, wading, and paddling in the water means cool summer fun for kids. But water can be dangerous for kids, and drowning is a real danger if kids are not watched closely.


The good news is there are ways to help keep your kids safe in the water. Watch children nonstop when they are near water, whether it's in the bathtub, a wading pool, a pond, swimming pool, beach, or a lake. Think about other possible danger spots. Buckets with water, the sink, a ditch.

 **All kids need to be closely watched in the water, whether or not they can swim.** And infants, toddlers, and weak swimmers should have an adult swimmer within arm's reach to provide supervision.

 **If you don't know how to swim, it is a good idea for you to learn.** Children who are 4 and older should learn, too. If your child is between the ages of 1 and 3, swimming lessons might help him, but check with your child's doctor first.

 **Inflatable vests and arm devices such as water wings are not adequate protection against drowning.** Coast Guard-approved life vests with head support and a strap that goes between the child's legs are a better choice, but they do not take the place of adult supervision.

 **Don't get distracted.** This can cause you to take your eyes off your child. Don't talk on the phone. Don't get so lost in conversation that you forget about your child. At a party, an adult should be chosen to watch the kids.

 **The water temperature is important too.** If it is below 85°F, babies and young children can lose body heat quickly. If your child is shivering or his lips are turning blue, remove him from the water right away, dried off, and wrapped in a towel until he warms up.



Keep these simple tips in mind, **slather on that sunscreen** and you and your child can have fun keeping cool in the water this summer!

Preventing heat illness

Outdoor summer activities mean fun for the whole family, but they can also lead to a higher risk of heat illness for your child. There are 3 types of heat illness: heat cramps, heat exhaustion, and heatstroke. To help protect your child from heat illness:

- Teach your child to always **drink plenty of fluids** before and during activity in hot, sunny weather, even if he isn't thirsty. Water is always best for hydration, so try to stay away from sugary sodas and juices.
- Make sure your child wears **light-colored, loose clothing** when playing outside. Also make sure he is wearing **sunscreen**, which you should re-apply every 2 hours or after getting out of the water.
- On hot or humid days, make sure your child plays outside **before noon and after 6 p.m.**
- Make sure your child takes **frequent breaks** from playing so that he can come inside, rest, and drink water if he is feeling overheated.

If you think your child is experiencing **heat cramps** (short and painful muscle cramps in the legs, arms, or abdomen) or **heat exhaustion** (signs include increased thirst, weakness, nausea and/or vomiting, headache, and fainting), find a cool place for him to rest, remove extra clothing, and have him drink cool water or a sports drink until he feels better.

Call for emergency medical help immediately if you think your child is experiencing **heatstroke**. Symptoms include severe headache, weakness, lack of sweating, rapid breathing and heartbeat, and a temperature of 104° or higher. Do not give your child fluids unless he is awake, alert, and acting normally.

Source: KidsHealth.org



★ Bike helmet safety

Summer is the perfect time for kids to ride their bikes outside, but it's important to always make sure your child is wearing a helmet. This is important if he is riding a bike on his own or if he is riding with an adult. Many bike accidents involve a head injury, so a crash could mean permanent brain damage or even death for someone who isn't wearing a helmet.

Here are some tips to keep in mind when buying a bike helmet for your child:

- Pick **bright or fluorescent colors** that drivers and other cyclists can see easily.
- Look for a helmet that is **well-ventilated**, so your child doesn't overheat while biking.
- Make sure that the helmet has a **CPSC or Snell sticker** on the inside. These stickers mean that the helmet meets important safety standards.
- Make sure your child's helmet **fits correctly and can be adjusted**. Make sure that the straps are fastened, and that your child is not wearing any other hat underneath the helmet.
- It's important that your child's helmet is **made for biking**. Most helmets are made for one kind of activity (like baseball or hockey), so make sure you buy one that is meant for biking.

Does this helmet fit?

A bike helmet fits well if it:

- Sits level on your child's head.
- Isn't tilted forward or backward.
- Has strong, wide straps that fasten tightly under the chin.
- Is tight enough to stop it from moving around if pulled or twisted.

It's hot outside, **don't leave your child in the car**

The weather is heating up and so is your car. **NEVER leave your child in your car**, even for a short time, not even with the window cracked.



Your child's temperature increases much faster than an adult's, making the heat even more dangerous to your child.

To help keep your child safe, use the following tips:

- Teach your children not to play in, on, or around cars.
- Always lock the car doors and trunk; keep the keys out of your child's reach.
- When you are leaving your car, make sure that all of your children are out before you leave.



Remember your child's car seat can get hot, so before you put your child in, give the seat some time to cool off.



TIP: Let your purse ride in the backseat with your baby! That way, you won't forget either one.



Summer Smoothie Pops

What you need:

- ½ cup nonfat vanilla yogurt.
- ½ cup skim milk.
- 1 cup frozen berries.
- 3 5-oz. paper cups.
- 3 popsicle sticks.

What you do:

1. Blend yogurt, skim milk, and frozen berries in a blender until smooth.
2. Pour into paper cups, then place a popsicle stick in the middle of each cup.
3. Freeze until solid, then remove the pops from their cups to enjoy!



Source: Myrecipes.com

