

# KidsFirst

July 2017



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

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Upcoming events on reverse side.

MK-0517-264



We're giving away school supplies!

Back to School Fair  
Alameda Mall  
Saturday, August 5  
10 a.m. to 2 p.m.



Texas Children's Health Plan  
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# 10 ways to play it safe at the beach

Going to the beach is fun! Playing in the sand and the surf is a great way to spend a day. Follow these tips to make it a safe and memorable outing for your family.

- 1 Learn to swim.** Swimming in the ocean is different than swimming in a pool. The waves and current can make it more of a challenge. It is a good idea for children ages 4 and up to learn to swim. If your child doesn't swim, he should wear a Coast Guard approved life jacket.
- 2 Swim near a lifeguard.** The odds of drowning at a public beach are nearly 5 times as great in areas without lifeguards. Always swim near an open lifeguard tower.
- 3 Protect your head and neck.** Teach your children to never dive into the ocean headfirst. It is a leading cause of head and neck injuries. Tell them to always enter the water feetfirst.
- 4 Never let your child swim alone.** Teach him to always swim with a buddy.
- 5 Obey all posted warning signs and flags.** Signs and flags alert you to ocean safety conditions. If you do not know what the signs or flags mean, ask a lifeguard.
- 6 Never turn your back on the ocean.** Even the smallest wave can knock you over and cause injury. Teach your kids to always face forward and not turn their backs to the ocean.
- 7 Learn about rip currents and how to get out of them.** Rip currents cause deaths on our nation's beaches every year because they are very powerful and can pull swimmers away from the beach into deeper water. Teach your kids not to fight the rip current if they get caught in one. Instead, tell them they should stay calm and swim parallel to the beach until they get out of the current. Then they can swim safely back to the beach.
- 8 Watch out for marine life.** Jellyfish are very common at beaches, and their stings can really hurt. Teach kids to avoid them if they see them in the water. Even dead jellyfish can sting, so tell your child not to touch or poke them, even if one has washed up on the beach. Shark attacks are very rare. But you can follow simple rules to make the risk even smaller. Be aware of shark danger in your area. Do not swim if you are bleeding. Do not swim during twilight hours. If there are fishermen nearby, avoid swimming or wading.
- 9 Watch out for broken glass and trash.** Bare feet are perfect targets for broken glass and trash on the beach. It is best to wear shoes when walking on the beach. Snugly fitting water shoes are great to wear on the beach and in the water.
- 10 Don't forget the sunscreen! It is important that you use sunscreen to protect your family from harmful UVA and UVB rays that can lead to sunburn and skin cancer.** Put it on your children several times during the day at the beach, especially after they have been in the water.





# Safely have a blast with fireworks

The 4th of July can be a fun time with family and friends. But before you celebrate, be sure everyone knows about fireworks safety.

Fireworks can be dangerous if they are not handled in a proper and safe way. They can cause burns and eye injuries in kids. The best way to protect your family is to not use ANY fireworks at home. Instead, go to a public fireworks display.

Lighting fireworks at home is not even legal in many places. Check with your local fire or police department to see if they are legal in your area. If they are legal and you insist on lighting fireworks, keep these safety tips in mind.



- **Kids should NEVER play with fireworks.** If you give kids sparklers, make sure they keep them outside and away from their faces, clothing, and hair. Remember that sparklers can reach 1,800 degrees which is hot enough to melt gold!
- **Buy only legal fireworks, which have a label with the manufacturer's name and directions.** Illegal fireworks have no label. Illegal fireworks usually go by the names M-80, M-100, blockbuster, or quarter pounder. These explosives were banned in 1966 but still cause many fireworks injuries.
- **Never try to make your own fireworks.**
- **Always use fireworks outside.** Have a bucket of water or a running water hose nearby in case of accidents.
- **Make sure no one is too close when lighting fireworks.** Never throw or point fireworks at someone.
- **Do not hold fireworks in your hand or any other part of the body over them when lighting.** Wear eye protection.
- **Point fireworks away from homes, brush, leaves, and anything else that burns easily.**
- **Light only 1 firework at a time. NEVER relight a dud.**
- **Don't let kids pick up pieces of fireworks after an event.** Some may still be lit and could explode at any time.
- **Soak all fireworks in a bucket of water before throwing them in the trash.**

You will enjoy the 4th of July fireworks much more if you know your family is safe from injury.



Want more summer safety tips?

Visit [TexasChildrensHealthPlan.org/summersafety](https://www.texaschildrenshealthplan.org/summersafety) to learn new ways to keep your kids safe!



## Insect repellent 101

If your kids will be playing outside this summer, they will probably run into insects like mosquitoes. Insect bites can be itchy and painful, and mosquitoes can carry the West Nile virus.

To protect your kids for mosquito and other insect bites, you should:

Choose a repellent with an effective chemical in it. Repellents containing DEET have been tested and approved as safe for kids, but you should look for one with no more than 10% to 30% concentration of DEET. You can also choose one that contains picaridin or oil of lemon eucalyptus.

A repellent with DEET should not be applied more than once a day. Do not use a product that contains both sunscreen and DEET because sunscreen should be re-applied several times a day.

Apply repellent in an open area so that you and your child do not breathe it in

Do not apply repellent on kids' hands, on their faces, near their mouths, under clothing, or on cuts or irritated skin.

Wash your child's skin with soap and water when you come inside, and wash all clothing before it is worn again.



## Red, White, and Blue Fruit Cups

### What you need:

- 1 pint fresh strawberries.
- 1 pint fresh blueberries.
- 1 pint fresh blackberries.
- 1/4 cup granulated sugar.
- 1-pint heavy whipping cream.

### What you do:

1. Slice strawberries and combine in a bowl with blueberries and blackberries.
2. Sprinkle berries with 2 teaspoons sugar.
3. Whip cream until soft peaks form, then add remaining sugar.
4. Serve berries in small cups with a generous spoonful of fresh whipped cream.



Source: FoodNetwork.com

Readability Statistics		?	×
Counts			
Words	1,040		
Characters	4,620		
Paragraphs	46		
Sentences	88		
Averages			
Sentences per Paragraph	2.5		
Words per Sentence	11.0		
Characters per Word	4.2		
Readability			
Flesch Reading Ease	79.0		
Flesch-Kincaid Grade Level	4.9		
		OK	