

SUDDENLY IN CHARGE:

Water Safety



Safety

Drink Water. Children are not as quick to adjust to changes in temperatures and lose more water through evaporation from the skin. Since they don't think to drink liquids, caregivers need to remind (and provide) kids with water or healthy fluids.

Be Safe Around Water. Always watch kids when they are in or around water. Keep young children within an arm's reach. Drowning risk varies by age: children less than 1 year are most likely to drown at home; 1- to 4-year-olds are most likely to drown in a pool, and 5- to 17-year-olds are most likely to drown in natural water. (Source: safekids.org)

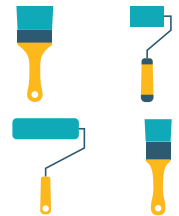
Drowning is silent and quick — you may have less than a minute to react. Watching your child in and around the water is your responsibility.

Activity

Outdoor Water Painting

Supplies: paint brushes or rollers, sponges, paint pans or buckets, sidewalk or driveway

Directions: Fill the paint pan or bucket with no more than 2 inches of water and provide a painting tool to each child. You might have to demonstrate how a paint roller works. Let children use water and “paint” the outdoor surface. This is a great activity for a hot day!



Snack

Infused Water

Creating and drinking infused water is a smart and tasty way to hydrate without extra sugar and calories.

Directions: Explore the refrigerator or pantry to see what fruit or vegetables might be added to water. Common choices include oranges, lemons, or limes (or the juice of these), but consider any type of berry, grapes, cucumber, or pineapple. Carefully slice the fruit into small chunks, add to a water bottle or pitcher, fill with water, and let sit at room temperature or in the refrigerator for at least 1 hour. Experiment with different flavors to find your favorite.

Wash your hands first!



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