

# Prevent Injuries

## WCAC Early Head Start Newsletter

### Sun Protection and Heat Exhaustion

#### Protect Baby When in the Sun

First, avoid being in the sun between 10 a.m. and 3 p.m., and stay in a shaded area as much as possible when outside. Dress baby in a hat, sunglasses, and clothing made with a tight weave. For babies 6 months and older, use sunscreen with an SPF of at least 15 (SPF 30 and higher is even better) that offers both UVA and UVB protection. For babies younger than 6 months, if adequate shade isn't available, put sunscreen in small amounts on exposed surfaces of skin. Always apply sunscreen at least 30 minutes before going outside -- even on cloudy days -- and reapply it every two hours. Even waterproof sunscreen loses its effectiveness after about 80 minutes of swimming.

**How to Treat:** your child does get a sunburn, the best remedies are cold compresses, over-the-counter pain relievers, and aloe preparations.

#### Keep Kids Cool

As temperatures rise, heat exhaustion becomes a concern. Symptoms include fatigue, extreme thirst, and muscle cramping. If a person doesn't cool down and rehydrate herself, heat exhaustion can lead to heatstroke (signs are headaches, dizziness, nausea, vomiting, and lack of sweat), which is potentially fatal.

**How to Treat:** you notice heat illnesses in kids, spray them with cold water from a bottle or hose, fan them, and get them into the shade. Ice packs to the groin and armpits can speed up the cooling process even more. If you suspect heatstroke, call 911.

**Special Concerns:** [Infants](#) vulnerable to heat-related illness, so keep them in air-conditioned areas when possible. And never leave kids in unattended cars, even with the windows cracked.

#### Use Caution When in Water

Sadly, drowning is among the leading causes of accidental death in children. The American Academy of Pediatrics says parents should not enroll children under age 4 in formal swimming lessons that teach water survival skills. If you want them to play in water, supervise them within arm's reach, even in shallow water.

**Special Concerns:** When choosing a flotation device, go for a child-size life vest. Little arms are less likely to slip out than they are with water wings. And when compared with using a swim ring, there's less chance of tipping over. Also, take a [CPR](#) course (find your local American Red Cross chapter at [redcross.org](http://redcross.org)) so you'll be prepared in case of a near-drowning incident.

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## **Injury Prevention.....continued**

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WCAC Early Head Start Newsletter

### **Poisonous Plants**

#### **Avoid Poisonous Plants**

To further help you sidestep these summer spoilers, here's information on recognizing these plants: Poison ivy grows as a vine or shrub in the grass or on trees. Poison oak grows only as a shrub, usually in the western United States. Poison sumac is a tall shrub or small tree found in wooded areas of eastern states.

**The good news:**rashes (caused by oils from these plants) aren't contagious. Once the skin has been washed and clothing is removed, the rashes can't spread.

Poison Ivy -- Look for three pointed, notched leaves per stem.

Poison Sumac -- Six to 12 leaves grow in pairs with a single leaf topping stems.

Poison Oak -- Looks like poison ivy, but tips of leaves are rounded.

**How to Treat:**your child's skin comes in contact with one of these plants, you have a window of about 10 minutes to wash away the rash-causing oil. If you don't catch it in time, a rash may develop within 12 hours. Use topical hydrocortisone cream and an oral antihistamine to calm the itch.

**Special Concerns:**If the rash involves the eyes or if it covers a large portion of her body, contact your pediatrician. Oral steroids may be recommended for severe cases.

#### **Beware of Bee Stings**

Bees are attracted to flowers, so don't put fragrances or floral-patterned clothing on kids. Likewise, don't leave out open containers of food and drink, and if your kid's clothes get stained, change them. Should a bee land on or next to your child, remain calm and gently blow it away.

**How to Treat:**your child gets stung, brush the stinger away with the edge of a credit card. Next, apply a salve of one part meat tenderizer to four parts water and leave it on the area for about 30 minutes to neutralize the venom. Then apply cold compresses and topical hydrocortisone cream, and give an oral antihistamine to reduce swelling. You could also apply a paste of baking soda and water.

**Special Concerns:**stings often look worse the next day -- skin reactions are normal and may last up to a week. But some people have severe allergic reactions to bee stings that include all-over hives, difficulty breathing, dizziness or fainting, and swelling of the lips and tongue. These can be life-threatening reactions that require immediate medical help. If your child has this allergy, his doctor will prescribe an injectable form of epinephrine, a lifesaving medicine.

**Bypass Bug Bites**

When outside, cover children with lightweight clothing and use mosquito netting over [strollers/infant](#). Ticks are also a concern, so check your child's body for them at the end of each day spent outside.

When choosing bug repellents this summer, know that the most effective products contain DEET because it's proven to repel both mosquitoes and ticks. Products with a DEET concentration of less than 30 percent are safe for kids, but not for babies under 2 months old. Apply the repellent once a day and don't use combination sunscreen/bug repellent products. All-natural repellents, such as lemon eucalyptus and citronella, aren't proven to protect against ticks, nor should they be used in children younger than 3 years. It's safe to apply them on older kids.

**How to Treat:** antihistamine preparations can help relieve the itch of mosquito bites. If you find a tick on your kid, use tweezers to pull it off by its head. Ticks have to be embedded in the skin for about 24 hours to transmit germs. If you suspect a tick has been on your child for this long, contact your pediatrician.

**July/August 2017  
rent Committee ws**

	Mon	Tue	Wed	Thu	Fri	Sat
				1 EHS New Program Year	2	
4	5	6	7	8	9	10
11	12	13	14 First Full Day of Classes for HS	15	16	17
18	19	20	21	22 Socialization/Parent Meeting 10:30am	23	24
25	26	27	28	29	30 Trip to	

					<b>Breezeland s Orchards</b>
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## Be Prepared

### First-Aid Kit Essentials

What better time to stock a first-aid kit than at the start of the summer season, when many accidents occur. While you can't prevent all accidents, you can be prepared. Here is a list of helpful things to include:

*Band-Aids*

*Triple-antibiotic ointment*

*Sterile gauze pads*

*Tweezers*

*Cold packs*

*Infant and children's Motrin or Tylenol*

*Rubbing alcohol*

*Antibacterial gel or foam*

*Hydrocortisone cream*

*Adhesive tape*

*Washcloths*

*Soap*

*Oral antihistamine*

*Digital thermometer*

## Upcoming Events

### JULY

Monday/Tuesday 7/3 & 7/4 : CLOSED

Friday 7/21: Field Trip to New England Aquarium 9-3

Wednesday 7/26: Socialization at Southbridge Library 10-12

### AUGUST

Wednesday 8/2: Socialization at Southbridge Library 10-12

Monday 8/7: Parent Meeting/Socialization 10-12

### Thursday 8/10: Certificate Day

Luncheon (Children staying in EHS in the Fall) 11-1

Dinner: (Children entering HS or Preschool in the fall) 4-6

*\*\*Bus transportation will be available for both events. Please see your Family Educator for more information.\*\**

Thursday 8/24: Field Trip to Breezeland Orchard for peach picking (*Tentative*)

*\*\*Transition information will be provided to families by their Family Educator as soon as it becomes available.\*\**

*\*\*Fall visits will begin after September 1st\*\**

## **Davis Farmland!!**

In June EHS traveled to Davis Farmland in Sterling MA. We had a great turnout of families and we broke into 3 different groups to get tours of the different animals. Families were able to pet and feed a variety of animals. We also got to go on a fun hay ride and meet some cool reptiles!

## **The Eric Carle Museum**

In May EHS took a field trip to the Eric Carle Museum in Amherst MA. We broke into two groups when we arrived. Each group visited the Art Studio and the Reading Library. In the library the groups read a few interactive stories together. There was also coloring sheets and toys to explore.

In the art studio there was large sheets of paper taped to the floor. The families

drew pictures and words using water color pencils onto the sheets of paper and then used paint brushes and water to create beautiful pictures.

These pictures will be on display in our socialization room for the End of the Year Luncheon and Transition Dinner.

It was a lot of fun!