

Summer Safety Tips

Ways to protect your Katy family

Written by Taylor McLaughlin and Kennan Buckner

Summer means more Katy kids are at home, families are celebrating special occasions, and many Katyites will spend hours outdoors. *Katy Magazine* shares tips to keep your family safe and healthy this summer.

1



Friendly with Fireworks

Many Katy families celebrate with fireworks, but few recognize the common dangers. To avoid injury, children should never be allowed to ignite fireworks. Be sure to teach responsible and safe use of sparklers to older children, as sparklers can burn to temperatures above 2,000 degrees. If you're lighting fireworks, be sure to keep a bucket of water or garden hose nearby. Also keep in mind that many master-planned communities prohibit their use. You can always take your cuties to the Katy Freedom Celebration and leave the firework launching to the professionals. Visit cityofkaty.com.

2



Street Smarts

Biking, walking, skating, and playing are just a few activities children partake in during the summer. Be sure to review guidelines for outdoor play with your children and make sure you are personally aware of others and the speed limit when driving. Remind children to always look both ways before crossing the road and be mindful of what is going on around them. While biking and skating, instruct children to wear helmets and protective gear.

3

Grilling and Gasoline



Nothing says summer break like a hamburger straight off the backyard grill. To ensure your family stays safe, never leave your grill unattended. Make sure your grill is placed well away from your home, deck railings, and low hanging tree branches. Ensure that your meat is cooked thoroughly and is kept hot until you're ready to serve it. Never re-use plates or utensils that touched your raw meat for serving the prepared food. Be sure to refrigerate your leftovers right away, and throw away any food that's been out longer than two hours.

It's estimated that 1,500 children are injured or killed in gasoline fires each year. Never pour gasoline in an attempt to start a fire. Gasoline is extremely flammable, and even its vapors can explode. Make sure to always keep your starter fluid out of reach from children.

4

Bugs, Lawn, and Plants



Lawn mowers are powerful tools. Teach your children to stay away from all running mowers. Make sure children are not allowed outside when lawn mowers are in operation. Never let them ride on a riding mower. Ensure teens using lawn mowers wear proper clothing and never mow barefoot, or while wearing flip flops or sandals.

Hanging out in the summer can also mean being bitten by those pesky mosquitoes. Try using repellents, but limit use of DEET-containing products on infants younger than 6 months of age. Be sure to wash off repellents when you return inside and before mealtime.

Teach your cuties what poison ivy and poison oak leaves look like. Classic poison ivy is in full swing in the summer months. Exposure to these plants can cause an irritating rash, itching, or burning. If you become exposed to the plants, immediately remove and wash your clothing and shoes, apply rubbing alcohol to exposed skin to prevent spreading, and rinse in cool water. You may also need to apply topical creams or take an antihistamine to minimize the temptation to scratch. Others have found relief in an oatmeal or tea bag bath.

5

Soaking up Some Sun



It is important to soak up some vitamin D, but with the Texas heat and the intense rays that accompany it, it's necessary to take the proper precautions to keep your skin, eyes, and immune system healthy. A great way to stay protected from the sun is to cover up. In order to avoid UV rays, choose clothes that you can't see through, apply sunscreen continuously throughout the day, and make sure to take advantage of stylish summer hats and umbrellas to stay cool. Apply sunscreen about 15 to 30 minutes prior to leaving so that there is a protective layer before going outside. Don't forget the smaller, less obvious places like your lips, ears, and feet. Use waterproof sunscreen before getting in the water.

6



Home Alone Safety

Pre-teens and teens see summer as an opportunity to show their level of maturity to their parents by suggesting they stay at home by themselves. In order to avoid a scene from *Home Alone*, establish a set of house rules for times when your child is not accompanied by an adult. Suggested rules include never answer the door, screen phone calls with the caller ID and do not let a caller know you are home alone, keep doors locked at all times, keep in touch throughout the day with one or both parents, and do not invite friends over without permission. Remind them where they can go in case of an emergency.

7



Tips for High Temps

With temperatures and humidity rising, stay aware of how the heat is affecting you and your family members. Heat has the potential to cause not only sunburn, but also cramps, exhaustion, and sun strokes. On days outdoors, monitor how much water you consume. Our bodies absorb fluids slower than they lose it, so it is crucial to drink even when you do not feel thirsty. Try to avoid caffeine and alcoholic beverages during really steamy days. Remember that cars and homes can heat up quickly. In 30 minutes, a car's temperature can range from 140 to 190 degrees Fahrenheit. Do not leave children or pets in a parked car, even if the windows are cracked.

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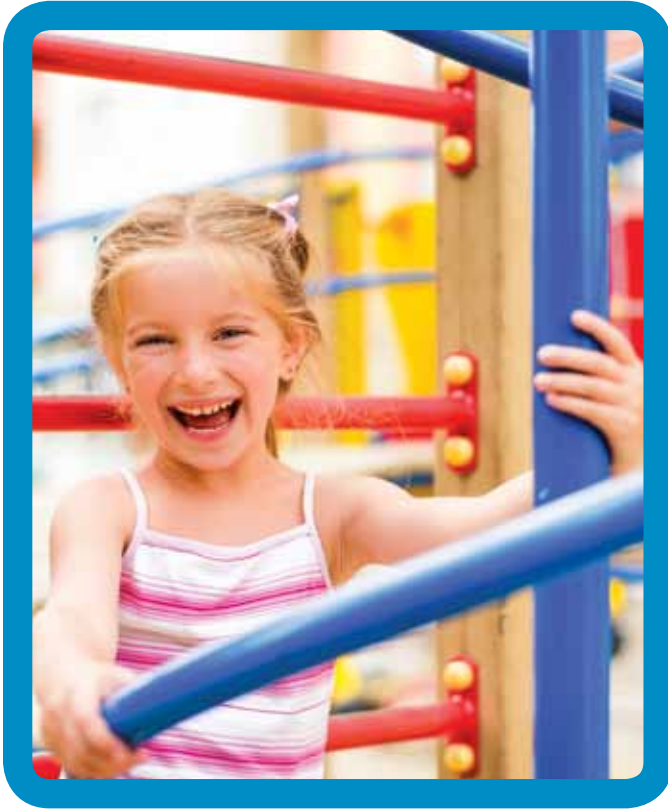
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Playground Safety

Five tips to keep your little ones safe while having fun

1. Play on age-appropriate equipment
2. Check the temperature of play equipment
3. Wear shoes that are safe for running and active play
4. Supervise your child at all times
5. Protect children from extreme temperatures (i.e. sunscreen, hats, clothing that covers, drink water)

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