



Village InCK News

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InCK Summer Safety Tips

Summer is a great time for kids to get outside and enjoy the weather – but it's important for parents and guardians to remember safety tips throughout the season.

Protect skin from the sun.

Apply sunscreen with SPF 30 or higher whenever your child is going to be outdoors. Reapply every three hours or immediately after your child has played in water. Try to avoid outdoor activities during peak sunshine hours, and consider dressing children in sun protective clothing.

Hydrate, hydrate, hydrate!

When it comes to warm weather, hydration is key – and not just when kids are playing sports or sitting in the sun. Kids are more prone to dehydration than adults. A general rule is to take half of your child's weight (up to 100 pounds) – and that's the number of ounces of water they should drink every day.

Don't monkey around.

Playground-related injuries account for more than 200,000 ER visits each year. Always supervise children on playgrounds, and choose the right play equipment for your child's age and skills. In the summer sun, it's also a good idea to carefully touch equipment to check for hot surfaces before playing on it.

Practice water safety.

The American Academy of Pediatrics reports that drowning is the leading cause of injury-related death in U.S. children ages 1 to 4. Toddlers should be no further than an arm's length away from their guardian when they're around a pool or any other body of water. Empty buckets, bathtubs, coolers and wading pools immediately after use. It is recommended that nonswimming children always wear life vests when in water.

Ride bikes the smart way.

As kids head outdoors to play with friends and ride bicycles around the neighborhood, make sure they're practicing bike safety, including riding a properly fitted bike and wearing a properly fitted bike helmet.

Don't overdo it on the outdoors.

Kids of all ages should take breaks from playing outside by retreating into the shade – or, even better, into air-conditioning – every 20 minutes to 30 minutes. Cases of heat stroke spike during the summer months, and this can be life-threatening in children. Prior to heat stroke, kids often show milder symptoms such as heat cramps and heat exhaustion. Make sure children take water breaks and wear lightweight clothing when playing outside.

Upcoming Events

Story Hour with WADI,
Shawneetown Public Library-
May 2nd at 1:00pm

Town Wide Rummage Sale,
Norris City- May 3rd and 4th

Town Wide Rummage Sale,
Wayne City- May 3rd and 4th
Book Bingo, Harrisburg Public
Library- May 6th at 6:00pm

CWC Spring Concert, Carmi
White County High School- May
7 at 7:00pm

End of Year Bingo Party, Wells
Elementary School- May 10 at
6:00pm

Movie in the Park, Ridgway- May
11th at dark around 7:30pm

Car Show, Fox Meadows in
McLeansboro- May 18th from
10:00am-2:00pm

Family Literacy Fest, Fairfield-
Kiddie Kollege, May 18th from
10:30am to 12:30pm

Spring Bake Sale, Shawneetown
Public Library- May 17th from
8:00am to 12:00pm

Kids Coloring Club, Harrisburg
Public Library- May 21st from
3:30pm-4:30pm, ages 5-12

Community Rummage Sale,
Dahlgren- May 31st and June 1st