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ANNE ARUNDEL COUNTY
TOT'S LINE



1-877-817-TOTS (8687)

www.totsline.org

Summer Safety

Dangers of Sandholes

In the past ten years, there have been 62 reported cases and 38 reported deaths of children caught in a sandhole. There are believed to be a lot of unreported cases also. Sandhole accidents are becoming more common. The average age of a child in a sandhole accident is 10 years old. Research shows that more people die from sandhole accidents than shark bites. Sand is like a sugar bowl. When you try to dig a hole to help a person escape, the sand will sink deeper. Do not allow children in a hole deeper than knee high. If your child is stuck in a hole, find the child's face. Create an air pocket. Put your hand on top of their nose and below their jaw. Always fill holes before you leave the beach.



A Car Becomes an Oven

According to Mercury newspaper, each year there are almost 40 children nationwide that die tragically when left in vehicles that rapidly turn into ovens. Since 1998 there have been 419 such deaths. So far this year, there have been four deaths, approximately the same number who have died from swine flue. In addition to the risk of being abducted if they are left alone in a car, on a typical summer day, the temperature inside a car

(even with the windows rolled down a little) can quickly rise above 120 to 140 degrees. Even on a relatively mild day, the temperature inside a car can get above 100 degrees.

A helpful hint: If you are not the normal parent to drive your child (specifically sleeping infants and toddlers) to and from somewhere, put something you need in front of the child's seat (ex: a briefcase). When you arrive at your destination, you must get out what you need and will see that you have your child with you.

Make sure you lock your car doors so that children are not able to get into them and accidentally get trapped inside.

Install a trunk release mechanism, so that they can't get trapped in the trunk

Have child care provider call if your child does not come.

Tips for keeping safe around water

According to Yale New Haven Children's Hospital, approximately 300 children under age five die of drowning and another 3,000 children are involved in near drowning incidents that require hospitalization.

- ❖ Children should never be alone near water or in the care of another young child while in bathtubs, pools, spas, wading pools, or irrigation ditches.
- ❖ Install alarms on doors to alert you if your child wanders out.
- ❖ Build a five foot fence around the pool and keep the gate locked around the pool.
- ❖ Remove all water from buckets and containers immediately after use.
- ❖ Store pool toys away from the pool area.
- ❖ Don't allow rough housing or running near the pool area.
- ❖ Do not use infant bath seats and supporting rings as a substitute for adult supervision. These devices can suddenly shift position, deflate or slip out from underneath the child, leaving them in a dangerous situation.
- ❖ Whenever infants and toddlers are in or near water, a supervising adult should be within an arms' length providing touch supervision.
- ❖ Adult must be focused without distractions on the child near the water.
- ❖ The decision to start swim lessons must be individualized. Generally children are not developmentally ready for swimming lessons until after their fourth birthday. Some children with motor or cognitive disabilities may not be developmentally ready until a later age.
- ❖ Caregivers should be CPR certified
- ❖ Parents should make sure that all caregivers of their child are aware that constant supervision of their child near water is necessary.

We have only touched on a number of safety issues. For more information, please call our toll free number.

We can talk with you individually about your concerns. The staff at the Tot's Line hopes everyone has a safe and enjoyable summer.

Sun Safety

The American Academy of Dermatology estimates that 80 percent of harmful sun exposure occurs before age 18. Just one or two blistering sunburns in childhood can greatly increase the risk of developing skin cancer in adulthood. Since babies and young children cannot protect themselves, adults must protect them.

- ❖ Keep babies up to 6 months old out of the sun as much as possible.
- ❖ Don't use sunscreen on children under 6 months old.
- ❖ Keep child under the shade
- ❖ Dress baby in light clothing that covers her body.
- ❖ Put a hat with a wide brim on your child.
- ❖ Apply a broad spectrum waterproof sunscreen with a SPF of 15 or higher at least 30 minutes before she goes outside. Broad-spectrum means the sunscreen works on ultraviolet A (UV-A) and ultraviolet B (UV-B) rays.
- ❖ Make sure your child has sunscreen on especially during 10 AM and 3 PM, the hottest part of the day.
- ❖ Apply sunscreen on your child even on cloudy days.
- ❖ Light skinned children with blue or green eyes and red or blonde hair have the least natural protection against the sun's burning rays. Use light clothing and sunscreen to protect them.
- ❖ When riding in the car use a sunshield to prevent your child from getting too much sun.
- ❖ Reapply sunscreen every two hours and every time after your child has been in the water.
- ❖ Make sure you apply sunscreen to all areas of your child's body, including ears, hands, feet, lips, and under eyes.
- ❖ If your child under age 1 gets a sunburn, contact your pediatrician immediately.
- ❖ If your child older than 1 year old has sunburn with blistering, pain, and fever contact your pediatrician.



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