



Wheeler

EMPLOYEE ASSISTANCE
PROGRAM (EAP)

Childcare & Healthy Summer Living



Childcare and healthy summer living are important considerations for families during the warmer months. Here are some tips and ideas for ensuring that children have a safe and enjoyable summer while staying healthy.

Sun Safety:

Use sunscreen with a high SPF to protect children from harmful UV rays. Reapply it every few hours, especially after swimming.

Dress children in light-colored, loose-fitting clothing that covers their skin. Don't forget a wide-brimmed hat and sunglasses for added protection.

Hydration:

Encourage children to drink plenty of water throughout the day, especially when it's hot. Dehydration can be a serious concern in the summer.

Healthy Eating:

Incorporate fresh fruits and vegetables into your child's diet. They're in season during the summer and make for delicious and nutritious snacks.

Limit sugary snacks and drinks. Opt for healthier alternatives like fruit smoothies or frozen yogurt.

Active Play:

Encourage outdoor play and physical activity. Summer is a great time for activities like swimming, biking, hiking, and playing sports.

Consider enrolling your child in a summer camp or sports program to keep them active and engaged.

Water Safety:

If your child will be around water, ensure they are supervised at all times. Teach them how to swim or consider swim lessons.

Invest in proper flotation devices if your child is not a strong swimmer.

Preventing Bug Bites:

Use insect repellent to prevent bug bites. Check for ticks after spending time in wooded or grassy areas.

Heat Safety:

Be aware of the signs of heat-related illnesses, such as heat exhaustion and heatstroke. Ensure children have access to shade and take breaks in the shade when it's very hot.

Routine Check-ups:

Schedule regular check-ups with the pediatrician. They can advise on any specific health concerns and ensure your child is up-to-date on vaccinations.

Sleep Schedule:

Maintain a consistent sleep schedule for your child, even during summer break. Adequate sleep is essential for their physical and mental well-being.

Screen Time:

Limit screen time and encourage outdoor activities and imaginative play. Consider setting screen time limits to balance recreational activities.

Educational Activities:

Keep your child's mind engaged during the summer with educational activities like reading, science experiments, or arts and crafts.

Family Time:

Plan family outings and activities to create lasting memories. Consider picnics, nature walks, or visiting local museums or attractions.

Safety Precautions:

Teach your child about safety, whether it's crossing the street, wearing a helmet while biking, or not talking to strangers.

Allergies:

Be mindful of allergies that may be more common during the summer, such as pollen allergies. Keep allergy medications on hand if needed.

Emergency Preparedness:

Have a first-aid kit readily available, and make sure everyone knows how to use it. Teach your child important emergency contact information.

Plan for Rainy Days:

Have a list of indoor activities for rainy days, such as board games, puzzles, or creative projects.

By following these tips, you can ensure that your child has a safe and healthy summer filled with fun and memorable experiences. Always tailor your approach to your child's age and specific needs.