



### INTRODUCTION

July brings warmer temperatures, summer barbecues and fun outdoor activities. As we exchange our umbrellas for sunglasses, it is important to remember a few safety tips when enjoying the summer. If the warmer temperatures are driving you to spend quality time with your child indoors, please take a moment to learn some helpful tips to engage with your children without overusing your television or mobile device. Stay cool out there!



### STAY SAFE THIS SUMMER!

Research shows that most injuries occur when children are near the home and under the care of a parent or guardian. How does this happen if the child is supervised? Supervision includes watching your child play (visual), listening (auditory), and being close (physical proximity). Being close while your child plays is a protective function. According to one study, children who were physically closer to parents, were less likely to engage in risky play behavior. While most parents agree that watching and listening for your child is important, sometimes it is your mere presence that can stop an accident before it has a chance to happen. Interested in learning more? Here are some ideas to help create a safe environment for your child this summer.

**SAFETY FIRST!**

This series of newsletters is inspired and created just for parents. If you have suggestions, comments or ideas for future newsletters please share on our Facebook (Oregon Parenting Education Collaborative) or Twitter page (@OPECParentingEd).

- Cars parked in direct sunlight can reach up to 131° F. Children are at greater risk because they absorb more heat. **Never leave your child in a parked car.** To avoid forgetting, try leaving your phone near the car seat. This also will help you avoid distraction while driving!
- The National Weather Service reports that river temperatures in our area are in the low to mid-50s. Families are seeking out rivers and streams for a swim but cold river temps can be dangerous for even the best swimmers. **Always, always, always,** watch your child when playing near or in the water!
- Teach your child at a young age to ask before going near water. If offered in your area, consider enrolling your child in swim lessons.
- Practice putting on sunscreen with your child and discuss the importance of protecting yourself from the sun.
- Drink more water and encourage your child to drink water too. Avoid sugary drinks to prevent heat-related illness.



Find us on Facebook (Oregon Parenting Education Collaborative) & Twitter (@OPECParentingEd)!



## SCREEN TIME: Monitoring Mobile Mayhem

If you are planning to beat the heat by staying indoors, make sure you don't settle into routines that have your child parked in front of the television or navigating apps on your mobile phone or tablet. One research study, out of the University of Virginia, showed that four-year olds who were exposed to television clips containing rapidly changing scenes (such as *SpongeBob Square Pants*), performed significantly worse on measures of self-regulation than children who watched a slower-paced cartoon (think PBS cartoons). Self-regulation is important for school success, so remember to consider the quality of the programming before your child takes the remote. When it comes to children and time spent interacting with a mobile phone or tablet, researchers are making every effort to catch up with the rate of technology. Younger generations are growing up in the context of a world where iPads and other mobile devices are often found in both the classroom and the home. While researchers continue to do important work in this field, there are a few great resources that can help to guide your decisions for content, quality, and time spent on mobile devices or watching TV:



- **Zero To Three: Screen Sense** - *Research-Based Guidelines for Screen Use for Children Under 3 Years Old:*  
<http://www.zerotothree.org/parenting-resources/screen-sense/>
- **Harvard Family Research Project** - ... *Which Apps Will You Share With the Children in Your Life:* <http://bit.ly/IDNsKR7>
- **National Heart, Lung, and Blood Institute** - *Parent Tips: We Can't Screen Time Chart*  
<https://www.nhlbi.nih.gov/health/educational/wecan/downloads/screen-time-log.pdf>

## FUN WITH YOUR KIDS

### Making Gummy Bear Popsicles!

Ingredients: Sprite, Gummy Bears, Popsicle Molds  
Add sprite to each popsicle mold, drop in assorted gummy bears, freeze and enjoy!



## REFERENCES

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- Sharon, Amir, Bert Bashaw, James Lewis, and William Feldman. "Nonfatal childhood injuries: a survey at the Children's Hospital of eastern Ontario." *CMAJ, Canadian Medical Association Journal* 146, no. 3 (1992): 361.
- "Fatal Car Trunk Entrapment Involving Children - United States, 1987-1998," 47 *MMWR Weekly* 1019 (Centers for Disease Control and Prevention, December 4, 1998).
- Lillard, Angeline S, and Jennifer Peterson. "The immediate impact of different types of television on young children's executive function." *Pediatrics* 128, no. 4 (2011): 644-649.
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