



1st Five Healthy Mental Development

NATIONAL SAFETY AWARENESS MONTH

JUNE 2017

Summer Safety Tips for Kids

The final school bell has rung, the pencils and notebooks are packed away and the kids are ready for some summer fun! Children love the hot summer months, because they provide the perfect opportunity to spend lots of time outside. Whether it's swimming in the pool, hiking through the woods, taking long walks, or going for a bike ride, there is something for everyone, no matter how young or old.

We hope that everyone enjoys this special time of year, but we want to also remind parents that there are potential dangers during the summer months, and it's important to be aware of what they are. The information one learns about how to prevent illnesses and injuries the less likely they will occur.

There are many areas to cover when it comes to summer safety. Here a few safety tips from the American Academy of Pediatrics (AAP) and Centers for Disease Control and Prevention:

-Combination sunscreen/insect repellent products should be avoided because sunscreen needs to be reapplied every two hours, but the insect repellent should not be reapplied.

- Children need to wear helmets when riding bikes, scooters skateboards or skating every time.
- Children need to remove helmets and anything looped around their necks prior to playing on playground equipment.
- Do not allow children to ride as passengers on ride-on mowers.
- To assist with preventing heat related illnesses drink plenty of water (don't wait tell your thirsty), wear lightweight clothing, and NEVER leave anyone in a closed, parked vehicle.
- Never leave children alone in or near the pool.



Safety in the Car

Is your child in the correct car seat? The Iowa law states that children must ride in a child safety seat or booster seat through the age of 5. Also NEVER leave anyone in a closed, parked vehicle.

Car Seat Safety Event at Marion County Public – June 14th from 4-6pm. Come have your seat checked to make sure it is installed correctly.



June is National Safety Month!



WHAT IS SENSORY PLAY?

Sensory Play includes any activity that stimulates your young child's senses: touch, smell, taste, sight and hearing. When children spend time stimulating their senses, it helps them develop cognitively, socially and emotionally, physically and creatively.



GET ACTIVE TODAY



Why Sensory Play is Important to Children

Preschoolers learn through their five senses. The senses of touch, sight, smell, taste, and hearing are how young children explore the world around them. As parents and educators, it is our job to help them explore their senses by providing appropriate activities for sensory play and learning. To better understand the importance of the senses for young children, imagine you are about to take a drink of something you think is water. You lift up your glass and take a big swig. It turns out to be lemon-lime soda. You pull your face back quickly and possibly even gag a bit. Did the soda taste bad? Not at all. But, you were expecting water. Adults already have mental ideas of what things look, sound, feel, hear, and taste like. We already imagine what an item will taste like before we even have it in our mouths. When something challenges what we already know, it throws us for a loop. For toddlers and preschoolers, everything is new! They have not developed these mental pictures yet. That is why the world is so fascinating to them, and why we have an obligation to show them the world through their senses

Sensory play is essential to a preschool child's growth and development. It doesn't just happen on its own, however. We are responsible for opening up the world to our children through encouraging use of their five senses. What fun activities have you done lately?

Want more information or information on services to assist with promoting healthy mental development?

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