SUMMER EXTREMES

Protecting Children from Extreme Heat: Information for Parents

In light of the recent occurrences of extreme heat in our immediate area and elsewhere we would like to share the following information made available through The American Academy of Pediatrics.

Extreme heat can cause children to become sick in several ways. Make sure to protect your child from the heat as much as possible, watch for symptoms, and call your pediatrician if you see any develop.

Prevent the Effects of Extreme Heat:
When weather conditions do not pose a safety or individual health risk, children can and should play outdoors. A heat index at or above 90°F, as identified by the National Weather Service, poses a significant health risk. However, there are several steps you can take to beat the heat and protect your child from heat-related illness:

- Find an air-conditioned space. If your home does not have air-conditioning, find a nearby building that does. Libraries can be a great place for a cool retreat from the heat. If you live in a place where the air-conditioning is unpredictable, plan in advance for a safe place for you and your family to go during times when the temperatures are
- **Stay hydrated.** Encourage your children to drink water regularly and have it readily available—even before they ask for it. On hot days, infants receiving breast milk in a bottle can be given additional breast milk in a bottle, but they should not be given water—especially in the first six months of life. Infants receiving formula can be given additional formula in a bottle.

- **Dress lightly.** Dress your children in clothing that is light-colored, lightweight, and limited to one layer of absorbent material that will maximize the evaporation of sweat. Kids have a lower capacity for sweating than adults.

- **Plan for extra rest time.** Heat can often make children (and their parents) feel tired.

- **Cool off.** When your child is feeling hot, give them a cool bath or water mist to cool down. Swimming is another great way to cool off while staying active.

- **Ask about policies.** Talk to your child's caregiver, camp, coach, or child care provider about their policies for protecting your children throughout the day—especially during outdoor play or exercise.

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**Hot Car Warning!**

Never leave children in a car or in another closed motor vehicle. The temperature inside the car can quickly become much higher than the outside temperature—a car can heat up about 19 degrees in as little as 10 minutes and continue rising to temperatures that cause death.

### Potential Health Effects of Extreme Heat:

Extreme heat can make children sick in many ways, including:

- **Dehydration**
- **Heat exhaustion**
- **Heat cramps**
- **Heat stroke**

#### When to Call Your Pediatrician:

Call your pediatrician immediately if your child develops any of the following symptoms. Your pediatrician can advise you on the next best course of action and whether an immediate evaluation is needed.

- Feeling faint
- Extreme tiredness (e.g., unusually sleepy, drowsy, or hard to arouse)
- Headache
- Fever
- Intense thirst
- Not urinating for many hours
- Nausea
- Vomiting
- Breathing faster or deeper than normal
- Skin numbness or tingling
- Muscle aches

#### Psychological Effects from the Heat:

Don't forget about your child's mental health, as well. Children may become anxious or restless from being
kept indoors. Plan ahead for entertainment with indoor activities and games, and limit the amount of screen time.

Additional Information & Resources:
- Extreme Heat Media Toolkit (CDC) http://www.cdc.gov/nceh/extremeheat/
- NoHeatStroke.org http://noheatstroke.org
- SaferCar.gov/Heatstroke http://www.safercar.gov/heatstroke

Last Updated 6/27/2017

Worth Repeating:

SUMMER SAFETY:

Summer is at the door step and with it comes the demands of us all to make sure our little ones are properly dressed and know the importance of many of the safety steps they need to keep safe and healthy.

Hydration: It is one of the most important things children (and adults) should take into consideration when being out in the sun and heat. Reminding and prompting our kids to drink plenty of water will help reduce the risk of heat related illnesses such as Heat Stroke.

Summer is here. This is a great time to have fun, spend some down time and enjoy the outdoors with your child. Here are some summertime safety tips as well as fun ideas to try with your child:

Water Safety
- Take your children on a bathroom break before they get into the water.
- Change swim diapers often and do it away from the water.
- Make sure your child wears a flotation device that is labeled “U.S. Coast Guard approved.” Teach older children (ages six and older) to use the “buddy system” when swimming with friends.

Sun Safety
- Keep children under 6 months old out of the sun.
- Apply a thick layer of SPF 15 or higher to every area of your child’s body including shoulders, nose, thighs, ears, etc.
- Apply sun block 30 minutes before your child is exposed to the sun. Reapply sun block every few hours.

Remember a hat, loose clothing and sunglasses for your child as well.

Insect Bite Safety
- Use a product that is approved for children.
- Follow the instructions and age restrictions on the container.
- Wash off the insect repellent when you return indoors.
- Cover your child’s skin with a long sleeve shirt, long pants, socks, hat, etc.

Avoid using any scented soaps and lotions on your child – they may attract insects.

Source: American Academy of Pediatrics (Copyright © 2017)

Sea of Learning RESOURCES:
Valuable Resources may be found on our website. If you would like to share additional resource information, please contact us.

www.seaoflearningpreschool.com
If you have a specific request for information not presented, please don’t hesitate to ask and we will try our best to find or secure the information for you.
NOTES of IMPORTANCE:

Sign In: ALL parents “MUST” be signing their child in and out every day! (It is a state law and must be done)

9:am Arrival:
Please remember to have your child here prior to 9:am. Arriving past that arrival deadline may hinder your child’s ability to be cared for. Beyond 9:15am. If you have not called, your child will not be able to attend or stay without a doctor’s note!

Change of Clothes: All children need a weather appropriate change of clothing, with their names on them.

Blankets: You may provide only one blanket. No pillows are allowed.

We Do NOT serve breakfast: We provide a simple snack at 8:30am. Please do not drop off your children with a Sippy Cup, fast food breakfast or home meals. We are not geared to coordinating breakfast needs. Please make sure your children are nourished before they arrive at school.

Lunch Containers: All such containers, boxes, etc. must have an Ice Pack and the child’s name on it.

Footwear: No flip flops or open toed shoes are allowed.

Toys, Gum & Small Items: Please do not allow your children to come to school with Toys, Gum or small items as they tend to cause a disruption with student behavior and some items pose a safety hazard to your child or others.

Tuition Payment: Must be paid in full weekly. Please help us assure there is no lapse in our services to provide care and program services to your children.

IT TAKES A VILLAGE
Services & Functions That Hit Close to Home

Note: If any of our parents out there would like to have their businesses presented in our newsletter, please share your interest with our office and we will make every effort to have them listed.

DONATE: We encourage our parents and the community to donate supplies and materials to the Sea of Learning as these help provide us with the tools to spark the interests of our children in how they express them selves. Empty paper rolls, scratch paper, etc.......
Build a Bear Field Trip

Tarpon Springs Aquarium Field Trip

Bayonet Point Animal Clinic Field Trip
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