

PHYSICAL HEALTH AND WELLBEING NEWSLETTER

HERE COMES SUMMER



KEEP YOUR CHILDREN
HAPPY AND HEALTHY

Get summer ready with our hints and tips on
keeping you and your family safe this summer



Before you go, read up on ways to make your days in the sun safe
as well as fun.

Everyone needs sun protection. The lighter someone's natural skin colour,
the less it can protect itself. Everyone's skin needs protection from UV
rays because any tanning or burning causes skin damage.

Try to stay in the shade when the sun is at its strongest usually from 11a.m.
to 3p.m. If you are in the sun during this time, apply and reapply sunscreen.
Most sun damage happens from exposure during day-to-day activities, not
from being at the beach. Remember that even on cloudy, cool, or overcast
days, UV rays reach the earth. This "invisible sun" can cause unexpected
sunburn and skin damage.

One of the best ways to protect skin is to cover up. To make sure
clothes offer enough protection, put your hand inside garments to
make sure you can't see it through them.

Babies have thinner skin and underdeveloped melanin, so their skin burns
easily. The best protection for babies under 6 months of age is shade, so
they should be kept out of the sun whenever possible. If your baby must be
in the sun, dress him or her in clothing that covers the body, including hats
with wide brims to shadow the face.

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DEHYDRATION

What Are the Signs and Symptoms of Dehydration?

If your child has a fever, diarrhoea, or vomiting, or is sweating a lot on a hot day or during intense physical activity, watch for signs of dehydration. These include:

a dry or sticky mouth
few or no tears when crying
eyes that look sunken
in babies, the soft spot (fontanelle) on top of the head looks sunken
urinating less or fewer wet nappies than usual
dry, cool skin
irritability
drowsiness or dizziness

How Is Dehydration Treated?

It's important to know the early signs of dehydration and to respond to them. The goal in treating dehydration is to replace fluids and restore normal levels.



Child has normal

Children who are mildly dehydrated from lots of activity will probably be thirsty and should drink as much as they want. Plain water is the best option. They should rest in a cool, shaded spot until the lost fluid has been replaced.

WATER FACTS

Water is made up of 2 elements, hydrogen and oxygen.

It's chemical formula is H_2O .

Water covers around 70% of the Earth's surface.

The longest river in the world is the River Nile. It is 4132 miles long.

Pure water has no smell and no taste.

Drinking water is needed for humans to avoid dehydration.

Water expands as it cools down.

WATER SAFETY

OBJ

OBJ



TRAVEL TIPS

How do you keep children entertained on a plane?



LESS STRESS - MORE FUN!

Try and book a window seat for them so during take off and landing they

Keep yourselves safe when you get there

Give everyone a set of contact details

Write down the address of where you're staying, your own contact number, and the phone number of the hotel - then put it safe in a zip pocket on each child's clothing.


Arrange a meeting point if you get separated

Whenever you're in a large, crowded area you should pick a landmark for the family to meet at if anyone gets lost. Pick something large, distinctive, and easy to find.

Give them instructions if they get lost

Make sure everyone knows what to do if they get lost and can't find you. Explain they should find either a staff member, a policeman, other adults who have other little girls and boys with them.

Pack a basic first aid kit

As well as a basic first aid kit, bring  medicine in case anyone gets poorly and advise hotel staff of any allergies.

Check the [Foreign and Commonwealth Office website](#) for any travel updates on your destination.