



A Family Life and Resource Management Newsletter

Summer Safety Tips

FUN IN THE SUN

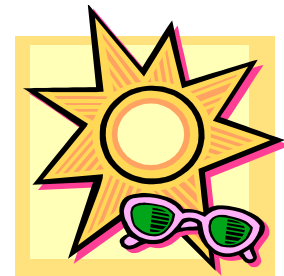
- ▲ **Babies Under Six Months:** Avoiding sun exposure and dressing infants in lightweight long pants, long-sleeved shirts, and brimmed hats are always the top recommendations from the AAP (American Academy of Pediatrics) to prevent sunburn. However when adequate clothing and shade are not available parents can apply a minimal amount of sunscreen to small areas, such as the infant's face and the back of the head.
- ▲ **For Young Children:** Apply sunscreen at least 30 minutes before going outside, and use sunscreen even on cloudy days. The SPF (Sun Protection Factor) rating should be at least 15.
- ▲ **For Older Children:** The first, and best, line of defense against the sun is covering up. Wear a hat with a three-inch brim or a bill facing forward, sunglasses that block 99-100% of ultraviolet rays, and cotton clothing.

- ▲ Stay in the shade whenever possible and avoid sun exposure during the peak hours between 10:00 a.m. - 4:00 p.m.
- ▲ Use a sunscreen with an SPF of 15 or greater. Be sure to apply enough sunscreen - about one ounce per sitting for a young adult.
- ▲ Reapply sunscreen every two hours, or after swimming or sweating.

HEAT STRESS IN EXERCISING CHILDREN

- ▲ The intensity of activities that last 15 minutes or more should be reduced whenever high heat and humidity reach critical levels.
- ▲ At the beginning of a strenuous exercise program or after traveling to a warmer climate, the intensity and duration of exercise should be limited initially and then gradually increased during a period of 10 to 14 days to accomplish acclimatization to the heat. (Continued on Page 4)

Summer 2006



Inside this issue:

Summer Safety Tips	1, 4
Does My Child Have a Weight Problem?	2
Reduce Your Energy Costs With These Money-Saving Tips	3
Summer Treats	3
Keep Swimwear in Tip-Top Shape	4

Quotable Quote

4-H PLEDGE

I Pledge:

*My HEAD to clearer thinking.
My HEART to greater loyalty.
My HANDS to larger service.
My HEALTH to better living
for my club, my community,
my country, and my world.*

Kathy M. Bryant

Extension Agent
Family & Consumer Sciences

Chatting with Kathy



Hello! Summer is just around the corner and that means the kids will be out of school. Have you given any thought about how you will keep them safe and involved in activities that are fun and interesting? What about the 4-H Program?

4-H offers many interesting and fun activities and projects for youth between the ages of 5 and 18. 4-H gives youth the opportunity to make new friends, develop new skills, and inspire good citizenship qualities. It provides a fun and safe environment where there is **fun in learning**; and **learning in fun**! If you are interested in getting your kids involved in 4-H, call the Volusia County Extension office at the telephone number listed on the back page of this newsletter; or visit us on the web at www.volusia.org/extension/4h.htm.

Does My Child Have a Weight Problem?

Your child may be normal, not fat. If you are concerned about your child's weight, consider this:

- ▲ Your child may gain weight before a growth spurt. That's normal! If you're still concerned, ask for advice.
- ▲ Many kids slim down (maybe outgrow a chubby stage), as they get older. Did you? That may be a clue to your child's future weight and body size.

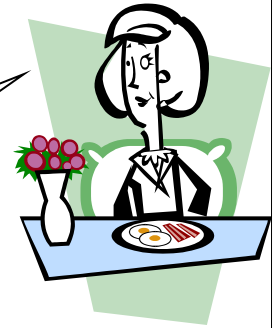
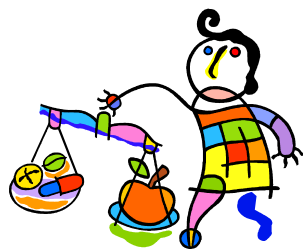
If you suspect a weight problem: Get help. Talk to your child's health care provider right away. There's usually a reason for a weight problem. The longer you wait, the greater the risk for weight problems in the teen and adult years.

Growth charts from regular exams help your health care professional see if your child's weight and height stay within healthy ranges. Your child counts on you to get advice from experts.

If your child is overweight: Weight loss dieting is not a healthy approach. Instead help your overweight child grow into his or her current weight.

Withholding food isn't right for kids. (Dieting is not for most children either.)

- ▲ Your child might not get enough food energy and nutrients to grow properly, learn and play.
- ▲ Your child may learn to sneak food when you're not watching.
- ▲ Kids feel bad about themselves when they are treated differently. That feeling may turn to anger, stress, or overeating.
- ▲ Your child won't learn to control how much he or she eats if you decide what's enough or if you push your child to eat less.



Remember,

You can achieve or keep your own healthy weight in these same ways. Your child will follow your example. What you do (not only what you say) is your child's best teacher!

Your child counts on you to learn how to enjoy food and eat in a healthful way. Your child's attitude about eating sets the stage for a healthy weight throughout life!

Six Ways You Can Help Your Child to a Healthy Weight

1. **Help you child accept the body he or she was born with.** Pressuring your child to look or be different isn't healthy. Give yourself a hug and say "I like myself, too!"
2. **Make meals and snacks calm and pleasant!** That's the best way to encourage normal eating.
3. **Give your child a chance to know the signals for hunger and feeling full.** That way, your child will be able to control how much he or she eats.
4. **Keep fruits, vegetables, and other low-calories foods handy.** Skip the urge to keep a lot of candy, chips, or soda around or keep them out of sight.
5. **Enjoy your child "in motion."** When your child runs, jumps, and plays actively (in a safe place), that is great. Join in when you can! Moving more and sitting less is a healthful habit to learn. Inactivity appears to be a major reason for weight problems.
6. **Do all you can to build your child's self-esteem.** A positive attitude about himself or herself helps your child eat in a normal and healthful way.

Reduce Your Energy Costs With These Money-Saving Tips

Are your electric bills increasing? If you haven't experienced hikes in usage costs, you will as we enter into the peak months for cooling our homes.

Luckily, there are things you can do to cut back on your energy bills. For example, did you know that new lighting technologies can reduce your lighting energy expenses by 50-75%? The Levitron Institute recommends you try some of the simple, inexpensive changes listed below. They can put you on the path toward lower energy bills, as well as helping the environment.



1. **Light Bulbs:** Use compact fluorescent bulbs in place of incandescent bulbs whenever possible. They consume 2/3 less energy than incandescent lights, last 10 times longer, and generate 70% less heat. And most fit in standard-size sockets, making replacement a breeze.
2. **Dimmers:** Install dimmer switches and you will save money and create atmosphere at the same time. For example, dim a room by 50% and you will use 40% less electricity, plus extend the life of the bulb around 20 times. Try setting different light levels in the same room to create your own custom lighting scene. Get "in the mood" to listen to music, watch a movie in your home theater, or sit down to a festive meal in your dining room with custom-tailored lighting to perfectly fit each occasion.
3. **Occupancy Sensors:** Replace old light switches with occupancy sensors whenever possible. These turn the lights on when someone enters the area, and then off

again after a set time when they leave. Install them in hallways, laundry rooms, basements, garages, or any place where a light may be left on accidentally while the room is unoccupied or when hands-free operation is a factor. They are especially useful in homes with seniors or disabled people who might get disoriented or have trouble seeing at night.

4. **Motion Detectors:** Install motion detectors on walkways and near buildings outdoors. They sense when someone walks near them and automatically turn on floodlights to safely light the way at night. They also help protect against burglars, who usually prefer working without a spotlight.
5. **Timers:** Install wall-mounted digital timers in place of regular switches in rooms with heat lamps, exhaust fans, and other items that may be left on accidentally. They can also be set to automatically turn on lights or a pool filter.
6. **Nightlights:** With the price of electricity as high as it is, you don't want to keep your lights on any longer than you have to. Nightlights are a great way to add convenience lighting to your home for just pennies a day. Available in a multitude of different styles, they're inexpensive to purchase and operate and can be used anywhere in your home. They radiate a comforting glow in bedrooms, bathrooms, and hallways or any other area of your home where convenience lighting is needed after dark.
7. **Turn lights off:** Switch off lights when you're leaving a room. A very effective technique, this requires no installation other than a string around your finger to remember!

Summer Treats

Tortilla Rollups

This is a fun change from sandwiches. Rollups can be made ahead of time, refrigerated, and then cut up into tot-sized snacks. You need:

- ▲ Flour tortillas
- ▲ Cream cheese softened by stirring in a little milk
- ▲ Thinly sliced ham or bacon bits
- ▲ Chopped hard-boiled eggs
- ▲ Shredded cheese
- ▲ Thinly sliced tomato
- ▲ Shredded lettuce

Spread a thin layer of cream cheese on the tortilla. Sprinkle desired fillings on top and roll up the tortilla. Cut into sections if desired.

Ice Cream

During the summer or when the children don't have school the next day, go into their rooms just before they fall asleep and announce an "ice cream run." They will think you have flipped out, but they will always remember the special times when you got them out of bed and went to get some delightful ice cream.



**VOLUSIA COUNTY
UNIVERSITY OF FLORIDA
CCOOPERATIVE EXTENSION SERVICE**

3100 E New York Avenue
DeLand, Florida 32724

386-257-6012 - Daytona Beach
386-822-5778 - DeLand
386-423-3368 - New Smyrna Beach

**Building Family
Strengths!**

Volusia County/University of Florida Extension gives leadership to family-focused informal education through the Family and Consumer Sciences program. Dedicated to strengthening families through education, we believe the family is the most effective unit for building strong communities. The family has the right to meet basic needs and to make choices about its future, and is inter-dependent within communities and their environment. Extension strives to achieve this through a variety of formats, including:

- *Workshops & presentations*
- *Newsletters and fact sheets*
- *Telephone consultations*
- *Learn-by mail correspondence courses*



(Summer Safety Tips - Continued from Page 1)

- ▲ Before prolonged physical activity, the child should be well-hydrated.
- ▲ Clothing should be light-colored and lightweight and limited to one layer of absorbent material to facilitate evaporation of sweat. Sweat-saturated garments should be replaced by dry garments.

POOL SAFETY

- ▲ Never leave children alone in or near the pool, even for a moment. An adult should be within arm's length, providing "touch supervision."
- ▲ Install a fence at least four-feet high around all four sides of the pool. The fence should not have openings or protrusions that a young child could use to get over, under, or through the fence.
- ▲ Make sure pool gates open out from the pool, and self-close and self-latch at a height children can't reach.
- ▲ Keep rescue equipment (a long pole with a hook on the end and a life preserver) and a portable telephone near the pool.

- ▲ Avoid inflatable swimming aids such as "floaties." They are not a substitute for approved life vests and can give children a false sense of security.
- ▲ Children may not be developmentally ready for swim lessons until after their fourth birthday. Swim programs for children under four should not be seen as a way to decrease the risk of drowning.

Keep Swimwear in Tip-Top Shape

Chlorine from pool water can cause both fiber damage and color loss in swimwear. To keep your swimwear in good condition, follow these tips:

- ▲ Rinse the chlorine from swimwear immediately after swimming to avoid color loss.
- ▲ Launder or thoroughly rinse items that are frequently wet by pool water, including clothing, towels and outdoor furniture. The chlorine left by the pool water can cause permanent damage if it's not washed out.
- ▲ Line dry or lay your swimwear flat to dry. Do not machine dry.

