



# HOME IS THE HEART OF SUMMER.

A HOW TO GUIDE FOR SOAKING UP THE SEASON



**BLACKMONMOORING.COM**



The end of the school year is fast approaching, which means summer is about to arrive! It's a time that brings fun and relaxation, but it's also a busy (and messy!) time with the kids at home all day.

To ensure your household runs smoothly, while keeping the kids entertained until the season's end, we have compiled this guide full of ideas to get you set for summer.

You'll find some practical home care tips and advice, along with unique ways to make together-time fun and new traditions for the whole family.

We hope this helps you make the most of your summer by creating good times and capturing memorable moments!

## **YOUR FRIENDS AT BLACKMON MOORING**





# SUMMERTIME BUCKET LIST



Have an **amazing summer** one activity at a time.



➤ **camp** in the backyard

➤ **gaze** up at the stars

➤ **plant** a garden

➤ **dance** under the moonlight

➤ **go** cloud watching

➤ **make** s'mores

➤ **visit** the library

➤ **fly** a kite

➤ **eat** breakfast for dinner

➤ **host** a picnic

➤ **play** flashlight tag

➤ **play** hopscotch

➤ **learn** a new skill

➤ **put** on a magic show

➤ **build** a blanket fort

➤ **tour** a fire station

➤ \_\_\_\_\_

➤ \_\_\_\_\_

➤ \_\_\_\_\_

➤ \_\_\_\_\_



## NEED HELP FILLING IN THE BLANKS?

Check out the following sections for inspiring ideas!



# Clean Up for Summer

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# CLEAN UP FOR SUMMER



Summer — the word brings visions of sunshine, relaxation and care-free days. Unfortunately, with the kids at home, areas of your home still need to be cleaned. While the weather is warm and sunny, tackle these home projects and enjoy mess-free summer months.

## WINDOW CLEANING

When the sun shines brightly through your windows all summer, any children's fingerprints, dog nose prints or dirt will be clearly visible.



Since window cleaning requires either working outside or removing the windows, you'll want to do this work when the weather is still warm.

## CLEAN DOOR AND WINDOW TRACKS

Summer equates to open windows and doors, so you need to ensure opening and closing them is an easy task. Now's the time to clean away the gunk that's collected in the tracks since their last cleaning.

If the gunk is gone but the windows and doors are still sticking, try applying some WD-40 to the tracks to make sure the doors and windows glide smoothly.





# CLEAN UP FOR SUMMER

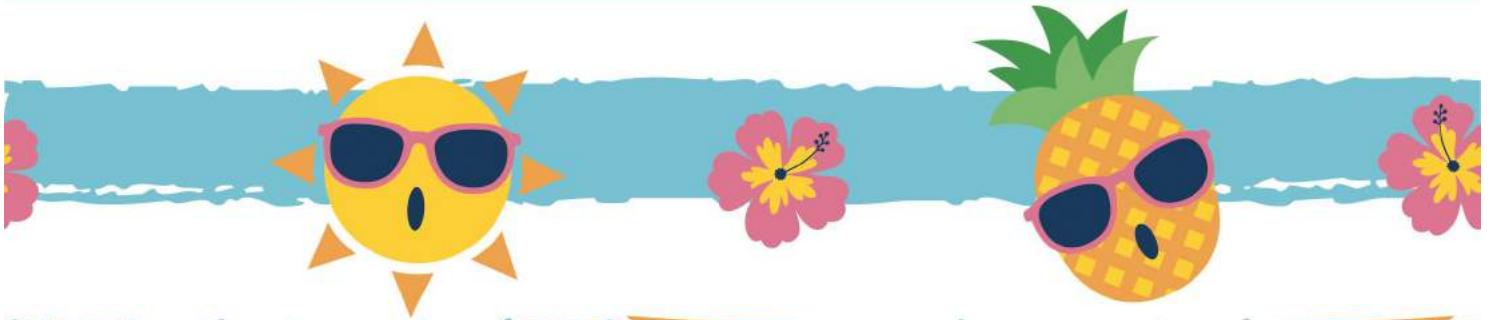


## WASH THE HOME EXTERIOR

Summer gatherings of friends and family tend to involve time spent outdoors barbecuing, playing games or soaking up the sun. Just as you'd typically clean inside your home before inviting guests over, you should consider cleaning the outside of the house.



Home exterior areas include your siding, deck and driveway. You can rent a pressure washing machine or hire a professional to perform the work. However, when it comes to siding proceed with caution. Some experts warn using a pressure washer on siding could do more harm than good.



## CLEAN OUT THE PANTRY



Many of the insects that don't go toward the light will go on a search for your food. Therefore, summer is a great time to go through your food pantries and make sure everything is sealed properly so bugs can't eat your groceries.

Consider donating any items you no longer want to a local food bank. Throw away any food items that have passed the expiration date.



# CLEAN UP FOR SUMMER

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## SUMMER CLEANING SHORTCUTS

Take the stress out of the season's cleaning challenges

### Use leftovers as cleaning supplies.

If you have half of a lemon leftover, use it to clean stainless steel fixtures and faucets.

Rub it over the areas you want to clean and then wipe it down with a microfiber cloth.



### Get grime off your grill.

While the grill is still warm, use a wire brush to scrub down the grates. If you're dealing with a major mess, take the grate off the grill and attack it with oven cleaner in a well ventilated area.



### Fight water rings with an unexpected superhero.

No matter how vigilant you are about making coasters available, someone will put a glass on your wood table.

To get rid of the water ring, apply full-fat mayonnaise to the affected area and let it sit for one hour.

Then, gently wipe it off with a cloth.



### Don't let sticky hands get the best of your appliances.



Keep the kids' fingerprints off the fridge using a citrus-based furniture polish. As it cleans, it leaves a slightly oily surface that helps repel future marks.





# OUTDOOR ACTIVITIES

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# OUTDOOR ACTIVITIES

## WATER ACTIVITIES



### Make a GIANT Water Bed

What better way to cool off from the summer sun than on an outdoor water bed?

Made from drop cloths and duct tape, this outdoor toy is easy to construct and promises hours of fun for kids of all ages.



Look at it on the bright side...even if it pops, it instantly transforms into a massive slip-n-slide!

## SODA BOTTLE BOAT RACE

### READY, SET, GO!

Create these DIY sailboats from recycled bottles, straws and pieces of foam. What makes this afternoon activity even more fun? Encouraging the kids to embellish their boat with stickers, markers and anything else you can find around the house.

Drop them into a kiddie pool of water, and use water guns to push the boats through the water. Who will get to the finish line first?





# OUTDOOR ACTIVITIES

## BACKYARD ACTIVITIES



MOONFRYE



## THAT'S HOW WE ROLL

Turn the backyard into your very own bowling alley with recycled soda bottles, duct tape and a tennis ball.

The fun doesn't have to end when the sun goes down. Simply fill the bottles with glow sticks, necklaces or bracelets for an evening round.

## LET THE GAMES BEGIN...

Hang a tarp between two trees and cut shapes out so the kids can practice their sports motions. Not only is this a great way to let the kids burn off some energy, but you can make it a fun game by assigning point values to each target. This activity is great for entertaining any size of group, from one child to all the kids from the neighborhood!



spoonful.com



## Shoot for the Stars

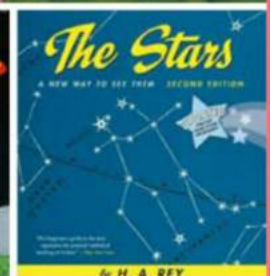
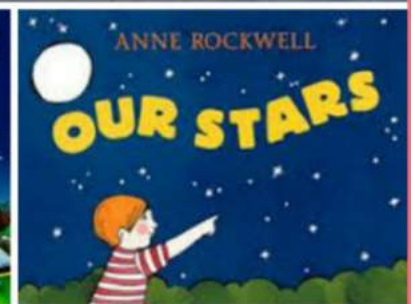
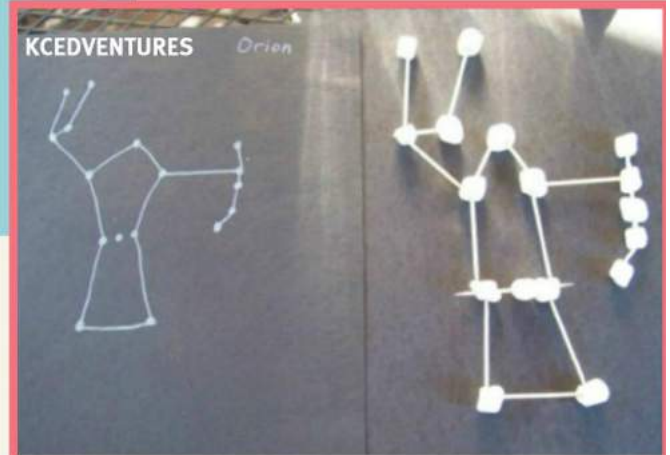


### ASTRONOMY FOR KIDS

Introduce your kids to the world of astronomy by reading books about the stars, planets and more.

Head outside for an evening stroll to see if you can spot and distinguish any of the topics you discussed earlier.

Top off the night in a fun (and tasty) way, by selecting a specific star group and constructing a marshmallow constellation of it!



## FAMILY FUN



With the summer sun radiating warmth upon us, what better time to embrace the season than after the sun goes down?

Simply dig a small hole in the ground and place one glow stick standing up vertically. Determine the distance for the kids to toss from, depending on their ages, and mark that distance on the ground with a piece of masking tape.

Assemble the glow necklaces and let the games begin!





# INDOOR ACTIVITIES

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## DOMINO PLAY DAY

Dominoes is an ideal game to play with kids, because the rules are simple. Older children can play this game with adults without feeling as though their age puts them at a disadvantage.

Young children can benefit from playing dominoes as they learn to count and to recognize patterns. The Internet is a great resource for finding age appropriate games, along with step-by-step instructions and rules.

### FUN FACT

It's not totally clear when or where the game of dominoes was invented. However, many historians believe the Chinese invented it around 1100 AD.

## Laundry Basket Skee Ball

Turn a simple box into a ramp and set up laundry baskets as different targets just like the adult version of this fun game. No doubt you will find other uses for the pack of ball pit balls too!





# INDOOR ACTIVITIES

## PLAYTIME ACTIVITIES



### ☀️ Sticky ☀️ Spider Web

Grab painters tape to construct a sticky spider web in a doorway, hallway or any other narrow space inside your home.

Then allow the kids to rummage through the recycling bin in search for newspapers and other paper items to crumble up and throw at the web for hours of indoor fun.



### 🌸 ON ISLAND TIME 🌸

#### Jump from island to island

Turn up the music, get moving and let their imagination run wild by creating pretend islands out of pillows scattered on the floor.

Don't fall in the "water" or you will get wet!





# INDOOR ACTIVITIES

## COOKING TOGETHER



## Crock Pot Tater Tot Casserole



### Ingredients

- 1 pound ground beef or turkey, browned
- 1 can Ro\*Tel (mild or hot based on preference)
- 16 ounce package of frozen Tater Tots
- 1 can Cream of Chicken Soup
- 1 small onion, chopped
- 2 cups cheddar cheese, shredded

### Directions

- Brown meat and add in chopped onion and Ro\*Tel
- Pour meat and onion mixture on the bottom of a greased Crock Pot
- Mix in Cream of Chicken Soup
- Top mixture with tater tots to cover the entire top
- Cook on low for 2-3 hours
- Top with shredded cheese the last 30 minutes
- Serve immediately and enjoy!





# INDOOR ACTIVITIES

## COOKING TOGETHER



## UNDERWATER JELL-O TREATS



### Ingredients

- 1 box of Blue Jell-O
- Bag of candy fish
- 4 Clear Plastic cups
- Whipped Cream

### Directions

- 1 Make the Jell-O according to the package
- 2 Divide mixture between the four plastic cups
- 3 Drop in the candy fish and then place the cups in the refrigerator
- 4 Allow the Jell-O to set and top with “sea foam” (whipped cream)







# *Outdoor Crafts*

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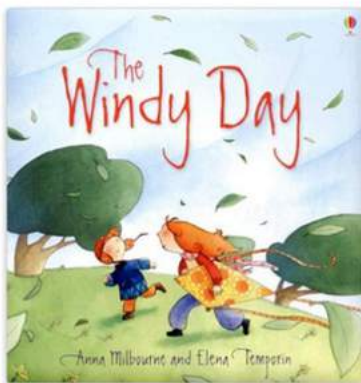
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# Windy DAY PLAY

Here is a great way to spruce up your backyard while recycling tin cans and beating the boredom blues.

Although adult help is necessary for assembly, kids will love painting and decorating each can. You could even pick a theme to decorate the entire wind chime around, and it could almost tell a story in itself once completed!



## BOOK IT!

After the wind chime is hung in it's new home, sit down with a book to learn about wind. What sways the trees and makes the leaves dance across the grass? Find out with this great book!



## Bird's Eye View



Dress up your outdoor spaces by building a bird village with these DIY feeders!

Plus, you can make bird watching an outdoor activity for kids to log all the comings and goings, or observe them from the comfort of your home depending on where you hang them.



# OUTDOOR CRAFTS

## *Crafts For Kids*



### YARD ART

Pick a pretty day and grab an old bed sheet to make art on the lawn. This art project is great for a group of kids or just one and lets them have fun painting whatever their heart desires.

Plus, clean-up is a breeze, since they're already outside. Grab the hose to wash the paint off them when they are finished with their masterpiece.



### ICE-CAVATING



Premeditated  
LEFTOVERS



Gather a handful of small plastic toys (fast food toys are perfect), toss them into a plastic container and fill with water to cover the toys completely.

Place in the freezer until it's frozen solid. When it's ready, take the ice block outside and lay it in the grass.

Set out some excavating tools like spoons, a magnifying glass and a bucket of water for pouring. Encourage them to experiment with different ways to melt the ice and free their toys.





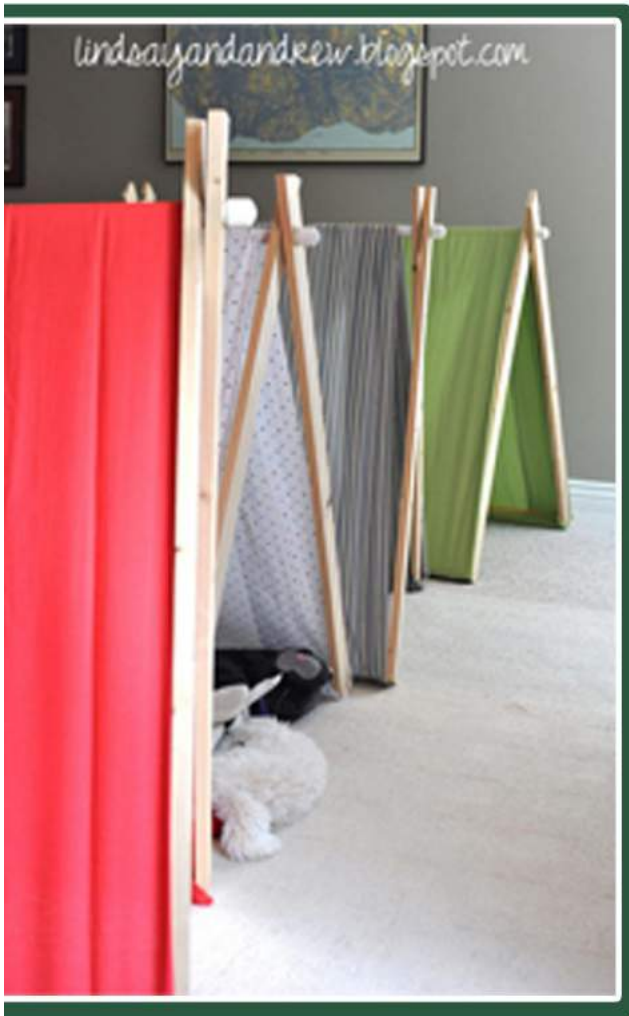
# *Indoor Crafts*

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## BUILD Sleepover Tents

Summertime has come, so it's time for sleepover fun!

Not only do they collapse for easy storage, but the kiddos can have fun choosing how they the fabric for their tents, and even selecting other decorations to personalize and embellish them. This would even make an awesome birthday gift for someone!

## SUMMER ADVENTURE CALENDAR

Make the most of the fleeting days of summer with a linear calendar that is part planner, part scrapbook.

When the summer comes to an end and it's time to take it down, sit together as a family to talk through all the fun things you did together.

Make a list of things you didn't get a chance to do and plan to start checking things off the list over the course of the next few months.





# cute as a button

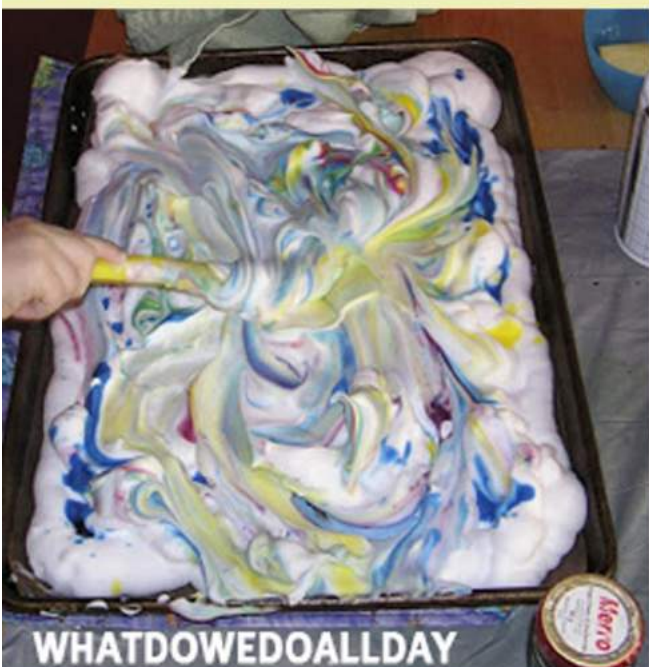


## BUTTON ART

Button art is sure to be a hit for kids of all ages (just keep an eye on younger children who might be tempted to put them in their mouth)!

Let them get creative, because the sky's the limit in terms of what can be designed. For example, flowers would be perfect for the summertime, and a giant shaped heart filled with buttons would be cute year around!

So grab a canvas and an assortment of buttons - different colors, sizes, shapes - and let the fun begin!



## painting with marbles

Use shaving cream to make a marbled paper masterpiece. Kids can make a mess and stir things up but the end result is always satisfying because the more imperfect the marbling, the more beautiful the art.





# *Outdoor Entertaining*

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# OUTDOOR ENTERTAINING FOOD FOR THOUGHT

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## walking tacos

1-1/2 pounds ground beef or turkey  
2 Tbsp taco seasoning  
Doritos and/or Fritos lunch-sized bags  
Taco toppings

Shredded Lettuce - Shredded Cheese  
Diced Tomatoes - Jalapeno Slices  
Taco Sauce - Sour Cream

Brown the meat, drain and add taco seasoning along with 1/4 cup water. Simmer for 15-20 minutes. Gently open the bags of chips, roll down the edges and gently crush the chips. After the meat is fully cooked, simply add a scoop of it, a handful of cheese and select your toppings. Toss mixture with a plastic fork and enjoy!



## TASTY TREAT TIP

Scoop the fruit out of oranges, coconuts, watermelons and more and use them as decorative bowls for serving sorbet or ice cream.



# OUTDOOR ENTERTAINING SUMMER SIPPER

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## ocean water MOCKTAIL

4 Tbsp sugar  
4 Tbsp water  
2-12 oz. cans of lemon-lime soda  
1 1/2 tsp coconut extract  
3 drops of blue food coloring  
Bag of candy fish  
Fun and colorful straws (optional)



In a microwave safe bowl, mix sugar and water and heat for 30 seconds in the microwave. This should dissolve most of the sugar. Add the sugar mixture to the lemon-lime soda, coconut extract and food coloring to a pitcher and mix gently.



FRUGAL  
coupon living



## PARTY POINTER

Spray paint metal folding chairs for entertaining in the backyard to add some color, or match your party palette.



# OUTDOOR ENTERTAINING

## SUMMER SIPPER



### Cucumber Pineapple Tequila Cooler



FOODNETWORK

- 1 cup fresh pineapple cubes
- 2 limes, skin removed
- 1 seedless European cucumber, peeled  
(plus slices for garnish)
- 4 ounces silver (blanco) tequila
- 1 1/2 cups ice cubes  
(plus more for serving)
- 1 Tbsp agave nectar
- Pinch Kosher salt

Prepare a vegetable juicer (or blender if unavailable). Run the pineapple, limes and cucumber through the juicer, letting all the juices combine.

Pour the tequila into a cocktail shaker or pitcher, and then add the juices, ice, agave and salt. Shake or stir vigorously until chilled. Line up 4 tall Tom Collins glasses filled with ice, and pour the tequila cooler over. Serve with straws and cucumber slices for garnish.

## PARTY POINTER



Coat planters with glow-in-the-dark paint for instant night lighting.



stagetecture.com



The background of the entire page is a vibrant, repeating pattern of tropical foliage. It features bright green palm fronds and clusters of flowers in shades of yellow, orange, and pink, set against a solid magenta background. The pattern is dense and covers the entire area.

# Indoor Entertaining

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# INDOOR ENTERTAINING FOOD FOR THOUGHT



## Foil-Pack Chicken & Artichoke Dinner

Prep Time: 10 minutes  
Total Time: 45 minutes  
6 servings

3 cups instant white rice, uncooked

3 cups warm water

6 small boneless skinless chicken breasts (1-1/2 lb.), 1/2 inch thick

1 can (13-3/4 oz.) artichoke hearts, drained, quartered

2 large tomatoes, chopped

1/2 cup KRAFT Zesty Italian Dressing

1/4 cup CLASSICO Traditional Basil Pesto Sauce and Spread

- Heat oven to 400°F. Mix rice and water; spoon onto centers of 6 large sheets heavy-duty foil. Top with chicken, artichokes and tomatoes; drizzle with combined dressing and pesto.
- Bring up foil sides. Double fold top and both ends to seal each packet, leaving room for heat circulation inside. Place in 15x10x1-inch pan.
- Bake 30 to 35 min. or until chicken is done (165°F). Remove packets from oven; let stand 5 min. Cut slits in foil to release steam before opening.

## TASTY TREAT TIP

Serve balled fruit in ice cream cones. Simply put a cupcake liner on the inside to keep the cone from getting soggy.





# INDOOR ENTERTAINING SUMMER SIPPER



## Cucumber Lemonade MOCKTAIL

- 1 paper-thin, lengthwise slice of European cucumber
- Ice cubes
- 1/4 tsp finely chopped dill (plus 1 dill sprig for garnish)
- 1 Tbsp agave syrup
- 1 Tbsp fresh lemon juice
- 1 Tbsp fresh lime juice
- 1/4 cup fresh cucumber juice
- 1/4 cup chilled club soda

Press the cucumber slice against the inside of a chilled highball glass and add ice. In a cocktail shaker, muddle the chopped dill, agave syrup, lemon and lime juices and 1 tablespoon of water until the syrup is dissolved.

Add ice, then add the cucumber juice and shake well. Strain into the prepared glass and stir in the club soda. Garnish with the dill sprig.



SIMPLY SELETA



## PARTY POINTER

Bring the ambience of the outdoors inside by using an array of colored flower pots as silverware holders.



# INDOOR ENTERTAINING

## SUMMER SIPPER



# Watermelon-Tequila Cocktails



1/4 cup water  
1/4 cup granulated sugar  
8 cups diced seedless watermelon (1 pound)  
1/4 cup fresh lime juice  
1 3/4 cups blueberries  
3/4 cup lightly packed fresh mint leaves  
(plus 8 sprigs for garnish)  
1 1/4 cups silver tequila  
Ice cubes

In a small saucepan, bring the water to a simmer with the sugar and stir over moderate heat until the sugar is dissolved, about 1 minute; let the syrup cool.

In a blender, puree the watermelon until smooth. Set a fine-mesh strainer over a bowl and strain the watermelon juice, pressing gently on the solids to extract as much juice as possible. Discard the pulp.

In a large pitcher, combine the sugar syrup with the lime juice, blueberries and mint leaves. Using a wooden spoon, lightly muddle the blueberries and mint. Add the watermelon juice and tequila. Refrigerate until chilled, about 2 hours.

Pour the cocktail into tall ice-filled glasses. Garnish with the mint sprigs and serve immediately.





**SUMMER  
SEASON  
SAFETY**

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# SUMMER SAFETY EMERGENCY INFO



If trouble strikes, will your family know what to do? Keep family members (and visitors) in the loop with this printable.

## emergency information

**Emergency Number:** \_\_\_\_\_

**Stay calm. Describe the emergency.**

**Don't hang up the phone.**

this phone number is: \_\_\_\_\_

this address is: \_\_\_\_\_

directions: \_\_\_\_\_

### emergency contact numbers

police department: \_\_\_\_\_

fire department: \_\_\_\_\_

+ ambulance: \_\_\_\_\_

poison control center: \_\_\_\_\_

emergency medical: \_\_\_\_\_

family physician: \_\_\_\_\_

my work number: \_\_\_\_\_

my cell/pager: \_\_\_\_\_

spouse's work number: \_\_\_\_\_

spouse's cell/pager: \_\_\_\_\_

neighbor's name: \_\_\_\_\_

neighbor's phone: \_\_\_\_\_

friend/relative's name: \_\_\_\_\_

friend/relative's phone: \_\_\_\_\_

other phone numbers: \_\_\_\_\_

notes: \_\_\_\_\_

### family emergency plan

we will meet here: \_\_\_\_\_

or here: \_\_\_\_\_

our emergency contact is: \_\_\_\_\_

phone: \_\_\_\_\_

address: \_\_\_\_\_

first aid kit is located: \_\_\_\_\_

emergency kits are stored: \_\_\_\_\_

plan for pets: \_\_\_\_\_





# Bicycle Safety

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## Helmet Safety Checklist

● **Helmet must not be too big or small**

● **Helmet sits:**

- ☐ level on head
- ☐ two fingers above the eyebrows

● **Straps must:**

- ☐ lie flat
- ☐ not be loose
- ☐ meet under the ear in a "V" shape

● **Chin strap must fit snugly**

- one finger width between chin strap & chin

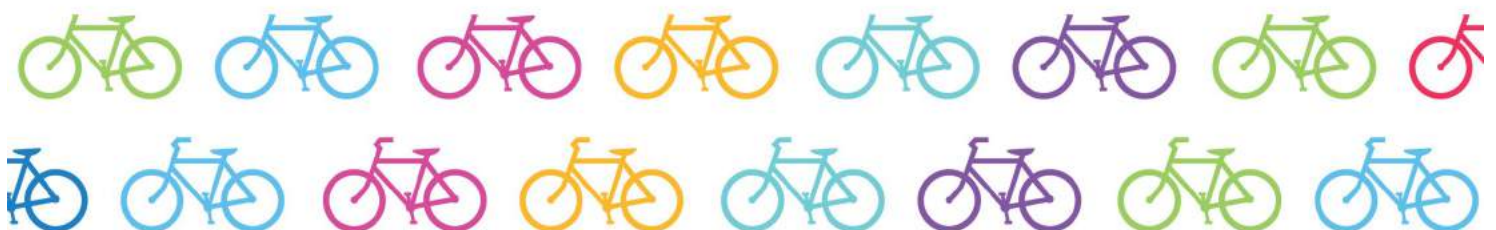
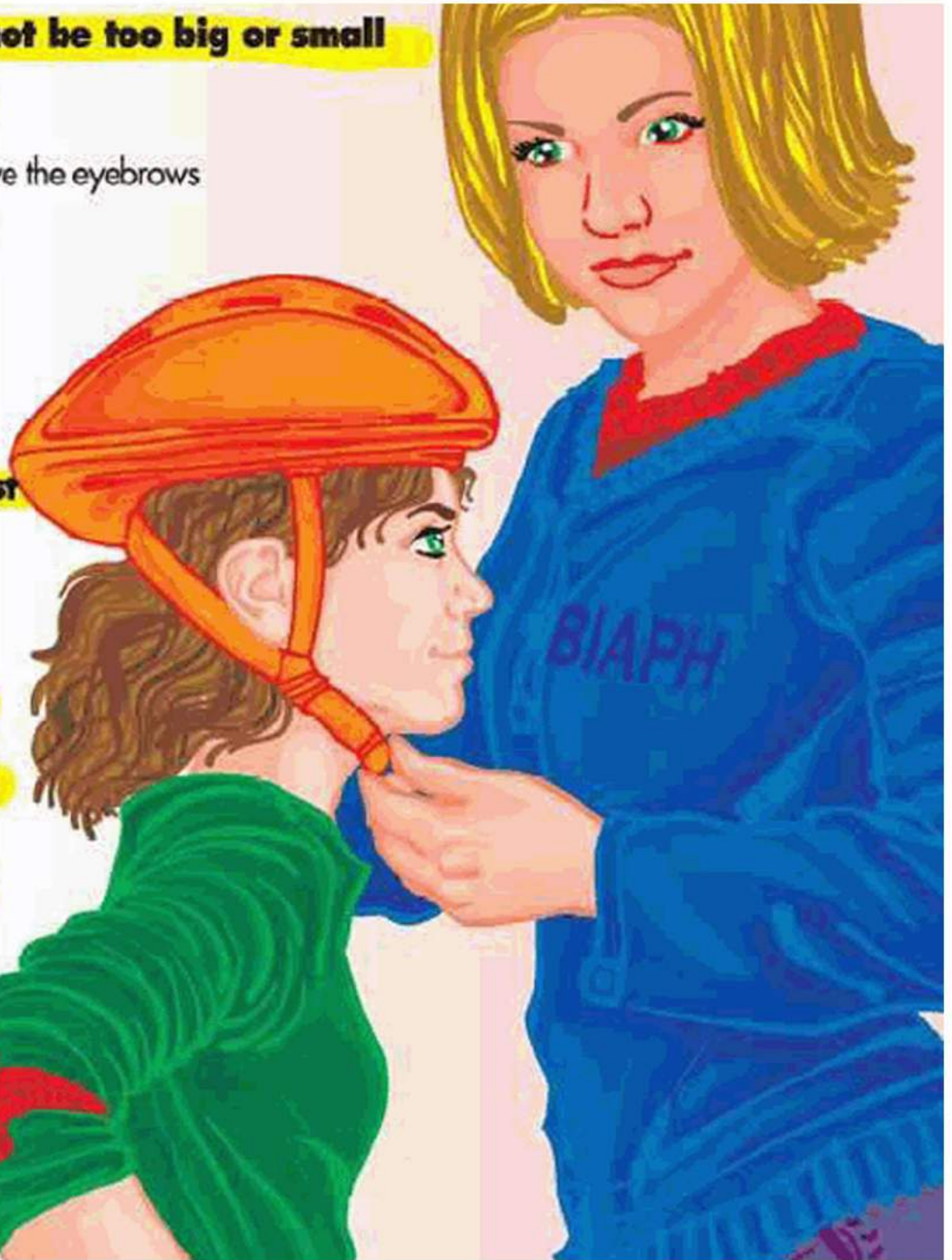
● **Helmet must not move once strapped in place**

● **Helmet must have no:**

- ☐ paint stickers
- ☐ crack, dents or damage

● **Certified helmet**

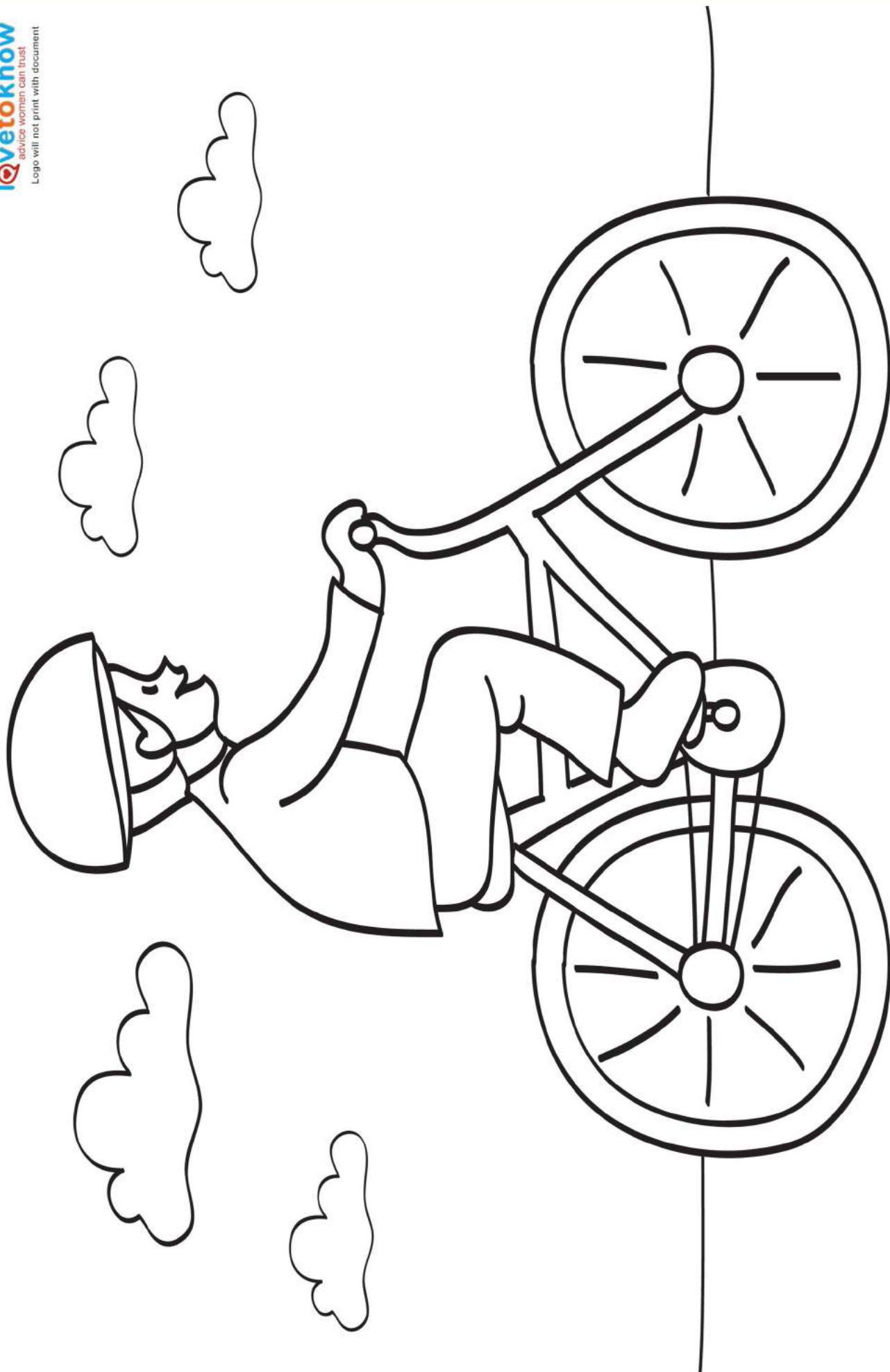
- CSA, ASTM, CPSC or Snell





# SUMMER SAFETY

## BICYCLE SAFETY



Always wear a helmet when you ride your bike.



# Water Safety

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# SUMMER SAFETY

## WATER SAFETY



Drowning is the second leading cause of unintentional death in children. Get to know the risks and appropriate safety measures so your family can enjoy your day on the lake, beach or pool!

### SWIM RISKS: BY THE NUMBERS

**5** or less

the average number of minutes between a child's drowning and the last time they were sighted

These sobering statistics shouldn't discourage you from swimming with your child, but they are a good reminder to exercise abundant caution.

**19**

percent of drowning deaths that happen in a public swimming area with a certified lifeguard on duty

**4000**

number of children who require hospitalization from near-drowning

**800+**

number of children per year that drown

**50**

percent of drowning survivors who suffer severe neurological impairment

### MOST DANGEROUS AREAS BY AGE



**<1 year**

bathtubs or small containers of water



**1-4 years**

home swimming pools



**>4 years**

natural settings like drainage ditches

### HOW TO SPOT A DROWNING CHILD



#### DON'T WAIT

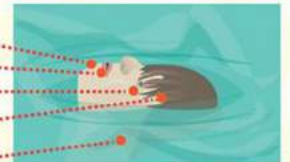
for these "Hollywood" drowning signals:

- shouting for help
- splashing
- waving arms
- kicking

#### ACT IMMEDIATELY

if you notice these signs of drowning:

- head tilted back with mouth at water level
- gasping or hyperventilating
- glassy, unfocused eyes
- hair is covering forehead/eyes (not brushing it out of the way)
- body is vertical and legs are motionless



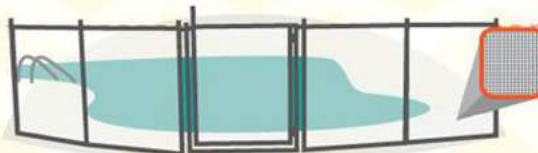
### WHAT YOU CAN DO TO PREVENT TRAGEDY



Always designate a caregiver who hasn't been drinking alcohol to be responsible for maintaining visual contact of your child



Check that your child's life vest is US Coast Guard approved and designed for his/her age and the type of environment you're in.



Install a climb-resistant fence made from a material like mesh with a self-locking gate to keep children out of the pool when unsupervised



If a child is missing, always check the water first.



Learn CPR and lifeguarding skills and ask family and friends to do the same.

THIS INFOGRAPHIC BROUGHT TO YOU BY:



Real Estate Agents  
Smith Mountain Lake



## Water Safety!

It's important to follow safety rules whenever we are around water. It could be a matter of life or death!



- Never swim in areas that are not supervised by an adult or lifeguard.
- Always check to see how deep the water is before going in.
- Always walk, never run, around a pool.
- Never swim during a storm.
- Never swim alone.
- Always wear a flotation device if you are a poor swimmer.
- Do not play rough in the water. Never dunk another person under water.
- Never play in water run-off areas, even if it's sunny outside.
- If you see someone that needs help in the water, yell for help and throw a flotation device to him or her. Do not try to save them yourself unless you have been properly trained.

**I promise to follow  
all water safety  
rules!**

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date







# Sun Safety

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**BMS CAT**



## Summer Sun Safety Tips

Whether you've got a vacation coming up or you're simply planning on spending time in the sunshine at home this summer, here are some tips to protect your skin from the sun.



**60%**

of adults reported being sunburnt in the past year.

Only **broad-spectrum** sunscreens of SPF **15+** can protect skin from UVA & UVB rays.



**1oz** of sunscreen should be applied to your **entire** body. That's enough to fill a shot glass. Reapply the same amount every 2 hours.

SPF 15 blocks out 93% of UVB rays, while SPF 30 blocks out **97%**.



The sun's rays are their strongest from

**10AM-4PM**

Limit your time in the sun during these hours.



It only takes **10 mins** for a baby's skin to burn, but sunscreen isn't safe for infants under 6 months. **Keep babies out of the sun!**



Sunscreen expires within

**2-3 years**

but your bottle shouldn't last for that long. A family of 4 should use an entire bottle of sunscreen during a long weekend.

Sunscreen is only **1 level**

of defense. Add wide-brimmed hats, protective clothing and sunglasses for more coverage.



**30 mins**

is the **average** time it takes for sunscreen to soak into skin and work effectively.



You still need sunscreen on a cloudy day. **80%** of the sun's rays can pass through clouds and fog.



The risk of melanoma is **75%** higher for those who used tanning beds before the age of 35.

Water-resistant sunscreen isn't water-resistant forever. You need to reapply after only

**80 mins** in the water.



Brought to you by:



# SUMMER SAFETY

## SUN SAFETY



Protect your eyes and skin from sun damage.



# Heat Safety

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MOORING**  
SINCE 1948

**BMS CAT**



# Keeping Kids Safe from the Summer Heat



### Apply sunscreen early & often

Look for sunscreen that is "broad spectrum", protecting from UVA and UVB rays. Opt for at least SPF 15, and be sure to apply 30 minutes before going outside and then every two hours when in the sun.



### Keep new babies out of the sun

Babies under 6 months get hot quickly AND can't wear sunscreen, so keep them inside or in the shade. Dress them in lightweight pants and long-sleeves if possible for even more protection.



### Protect their head & face with a hat

Hats can keep the scalp from getting burned, and protect the face and ears. While baseball caps are popular, they don't protect ears and necks as well as wide-brimmed hats (which are also adorable).



### Protect those pretty little eyes, too

Kid eyes haven't matured to filter UV rays effectively, so the average kid takes in 3x times the UV exposure of adults! Sunglasses (the kind with UV protection, not the toy kinds) can help protect those lookers and be awfully cute at the same time.



### Loose, light clothing is best

Make sure to dress the little ones in cool, comfortable clothing. Light-colored cotton is the best option, and will allow sweat to evaporate. Another great option is UV clothing, which can have up to a 50 SPF!



### Limit sun exposure at peak times

On those super hot days, try to avoid outside playtime during the hottest times of the day (usually 11am - 3pm). Come inside in the AC, or find a nice shaded spot to take it easy in.



### Never leave kiddos in the car!

Over the last 20 years, more than 600 kids have died as a result of being left in hot cars. Even just a few minutes can be deadly, as temps rise quickly and kids are more susceptible to heatstroke. Never leave kids in the car even for a moment, and make it routine to check the backseat before walking away!



### Hydrate, hydrate, hydrate

Keep those kiddos hydrated! Avoid caffeinated drinks like soda and tea, or sugary juices and sports drinks, which can actually have a diuretic affect. Water is the best for hydrating, but coconut water and even milk are good options too.



### Watch for signs of heat illness

Learn the signs of heat exhaustion and heat stroke (which is super dangerous!). Be on the lookout for weakness, fainting, lack of sweat, cramping, nausea, headaches and sudden high temps...and if the symptoms are severe get emergency help ASAP.





# SUMMER SAFETY

## HEAT SAFETY



When summertime is in full effect, many kids take their fun outdoors, thus it is important for parents to take proper precautions to ensure their children's safety.

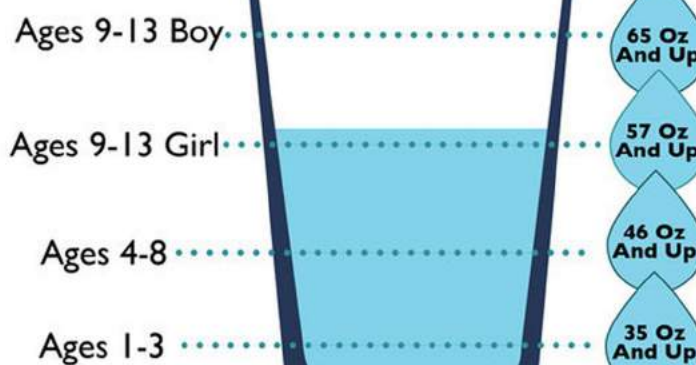
## HEAT EXHAUSTION

Signs include extreme fatigue, rapid heart rate, excessive sweating, nausea, and in more severe cases, seizures, delirium and hallucinations.

Fortunately, heat exhaustion and heatstroke are preventable illnesses that can be avoided by taking the following precautions:

- Making sure your children drink plenty of fluids to maintain hydration.
- Restricting their outdoor activity during the "heat of the day."
- Dressing them in appropriate clothing for outdoor activity.
- Finding an area for them to cool off quickly, like shade or A/C of car.
- Never leaving a child in the car unattended. Not even for a minute.

### How Much Water Should Your Child Be Drinking?



\*These are recommendations according to The Institute of Medicine. Always double check your child's hydration necessities with your pediatrician.



# Pet Safety

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# SUMMER SAFETY PET SAFETY

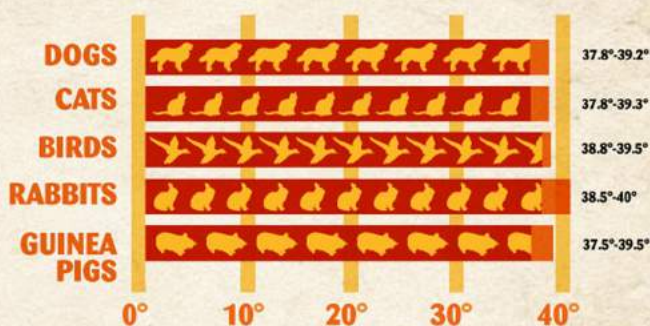


The summer months can be uncomfortable, even dangerous, for pets (just like people). Be informed, be smart and be proactive!

## Types of pets most susceptible to heatstroke



## Average body temperature of household pets



The closer the temp of the day is to your pets body temperature, the harder it is for them to keep themselves cool.

## What heatstroke can do to your pet



[www.murdoch.edu.au](http://www.murdoch.edu.au)

## What not to do on a hot day with your pets



## Why your dog may be more likely to get heatstroke than you



DOGS CAN'T SWEAT, THEIR ONLY EFFECTIVE METHOD OF COOLING IS PANTING.

YOUR DOG CAN'T ASK FOR A DRINK OR TELL YOU IF THEY ARE TOO HOT.

DOGS ARE SO EAGER TO PLEASE THEIR OWNERS THEY OFTEN WON'T STOP PLAYING UNTIL THEIR BODIES CAN'T TAKE ANY MORE.

## What to do on a hot day with your pets



## What to do if you suspect heatstroke



01

Hose down your pet thoroughly so that their panting slows down and to prevent their body temperature from rising further.



Ring your vet to tell them you are on your way - immediate veterinary attention is recommended, don't take a 'wait and see' approach.

02

03

In the car, keep your air conditioning on or your windows down to keep your pet cool.



04

At the vet, treatment for heatstroke may include intravenous fluids, oxygen or a blood test to determine if organ damage has occurred.

05

Severe cases can have a significant risk of death and may require hospitalisation for 1-10 days.







# Bug Spray Safety

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# SUMMER SAFETY

## BUG SPRAY SAFETY

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### WHAT'S IN YOUR BUG SPRAY

#### PICARIDIN

This WHO-approved newcomer tests as effectively as DEET, but doesn't have the same propensity to irritate skin and eyes, emit a strong smell — and perhaps most reassuringly — doesn't dissolve plastic. A 20 percent concentration protects against mosquitoes and ticks for 8 to 14 hours, while 10 percent protects for 3.5 to 8 hours.

#### OIL OF LEMON EUCALYPTUS / PMD

Extract taken from the Australian Lemon Eucalyptus tree is useful against mosquitoes and other insects thanks to its high level of the compound para-menthane-3,8-diol, also known as PMD. This type of repellent may have about 30 percent Oil of Lemon Eucalyptus and 20 percent PMD. At this concentration, it may be as effective as DEET, although the protection time is considered to be shorter.

By this point of the summer, you've probably been to your fair share of pool parties, BBQs and days at the beach.

And that means you've slathered on some bug spray.

It's high season for mosquitoes, ticks and other disease-carrying pests. But if you're careful about the cosmetics and sunscreen that you put on your skin... what about sprays that are designed to **repel** living things? Enter the Environmental Working Group. The consumer health advocacy group took a deep look at bug sprays, finding that the majority are not only safe, but effective in protecting against insects that carry diseases like West Nile virus and Lyme disease.

#### DEET

EWG found that DEET is effective against many disease-carrying species of mosquitoes, ticks and other pests. Few serious reactions have been reported (though there have been a few neurological reactions in rats that could be cause for concern). The EWG recommends keeping DEET concentration below 30 percent, compared to the CDC's 50 percent cap.

#### IR3535

This synthetic approximation of the amino acid B-alanine goes by IR3535. The compound can irritate eyes, but is otherwise safe. IR3535 performs as well as DEET against West Nile-carrying Culex mosquitoes and deer ticks that carry Lyme disease. Consumer Reports tested the compound against DEET and found it was less effective against the Aedes mosquitoes that carry yellow fever, dengue and encephalitis.

### WHAT IF YOUR REPELLENT ISN'T A SPRAY?



#### Permethrin-treated clothing

Although tempting because it isn't applied directly to the skin, the insecticide is considered more toxic than the active ingredients in sprays.



#### Repellent candles

Aside from being ineffective, these candles can provide an inhalation hazard.



#### Clip-on repellents

These use pesticides that are more toxic than spray ingredients — and there's some evidence that they aren't as effective.

### WHAT'S MORE DANGEROUS: BUG BITES OR BUG REPELLENT



#### West Nile Virus

Illnesses: 5,674 in 2012  
Deaths: 286 in 2012



#### Lyme Disease

Illnesses: 24,364 in 2011  
Deaths: 114 between 1999 and 2003



#### Skin Exposure To DEET

Illnesses: seizure, the most common reported adverse effect, occurred in one per 100 million users, though the EPA said it was not possible to definitively confirm the DEET repellent as causal.  
Deaths: 8 between 1961 and 2002