



☼ SUMMER IS ALMOST HERE, WHICH MEANS THERE ARE LOTS OF OPPORTUNITIES FOR CHILDREN TO PLAY AND ENJOY THE OUTDOORS. KEEP IN MIND WHEN TEACHING SAFETY, LET KIDS BE KIDS. ☼

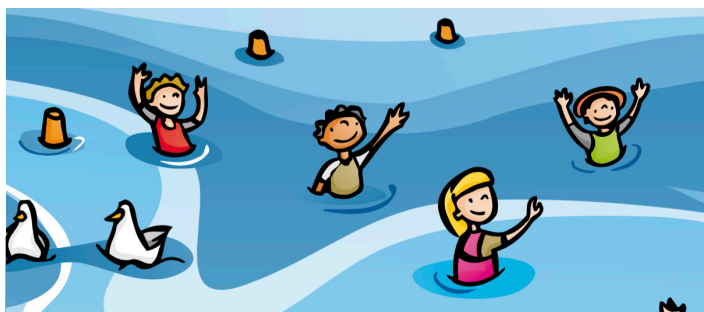
SOME SAFETY TIPS DURING SUMMER

There are many ways we can keep our children safe during summer by:

- Drinking lots of water
- Eating plenty of fruit and healthy foods
- Dressing to appreciate the heat
- Finding shaded areas to play in, especially during the hottest part of the day
- Applying natural sunscreen (when purchasing sunscreen check out what is in it to make sure there are no nasties)

Read *SeeMore Safety at the Beach*, for more ways to stay safe during Summer. You can find it in the virtual classroom, go to: kidsfoundation.org.au/classroom

WATER SAFETY



As the weather warms up everyone likes to cool off at the beach, in a pool or waterpark. If you're going to a place to cool down remember to:

- Actively supervise your children
- If at the beach swim between the red and yellow flags
- Make sure there is a shaded area or take your own shade device
 - Keep children hydrated
 - Wear appropriate swimwear and clothing
 - Apply natural sunscreen when appropriate
- Encourage good behaviour, no pushing and running near the waters edge, as they can be slippery

MINDFUL MOMENTS

A simple way to have children embrace mindfulness is to participate in simple mindful moments, like cloud gazing or bird watching.

In a sandpit or sand tray draw a continuous line with random curves. Place your hand in the sand and with your index finger on the other hand draw around your fingers making mountain or wave shapes.



For a special element this could be done in a Zen Garden.

COLOUR IN THE SUMMER PICTURES

More activities for you to do with your childcare are available in the parent resource section of the virtual classroom.

Visit: kidsfoundation.org.au/classroom



The SeeMore Safety Program received funding from the Australian Government Department of Health.

