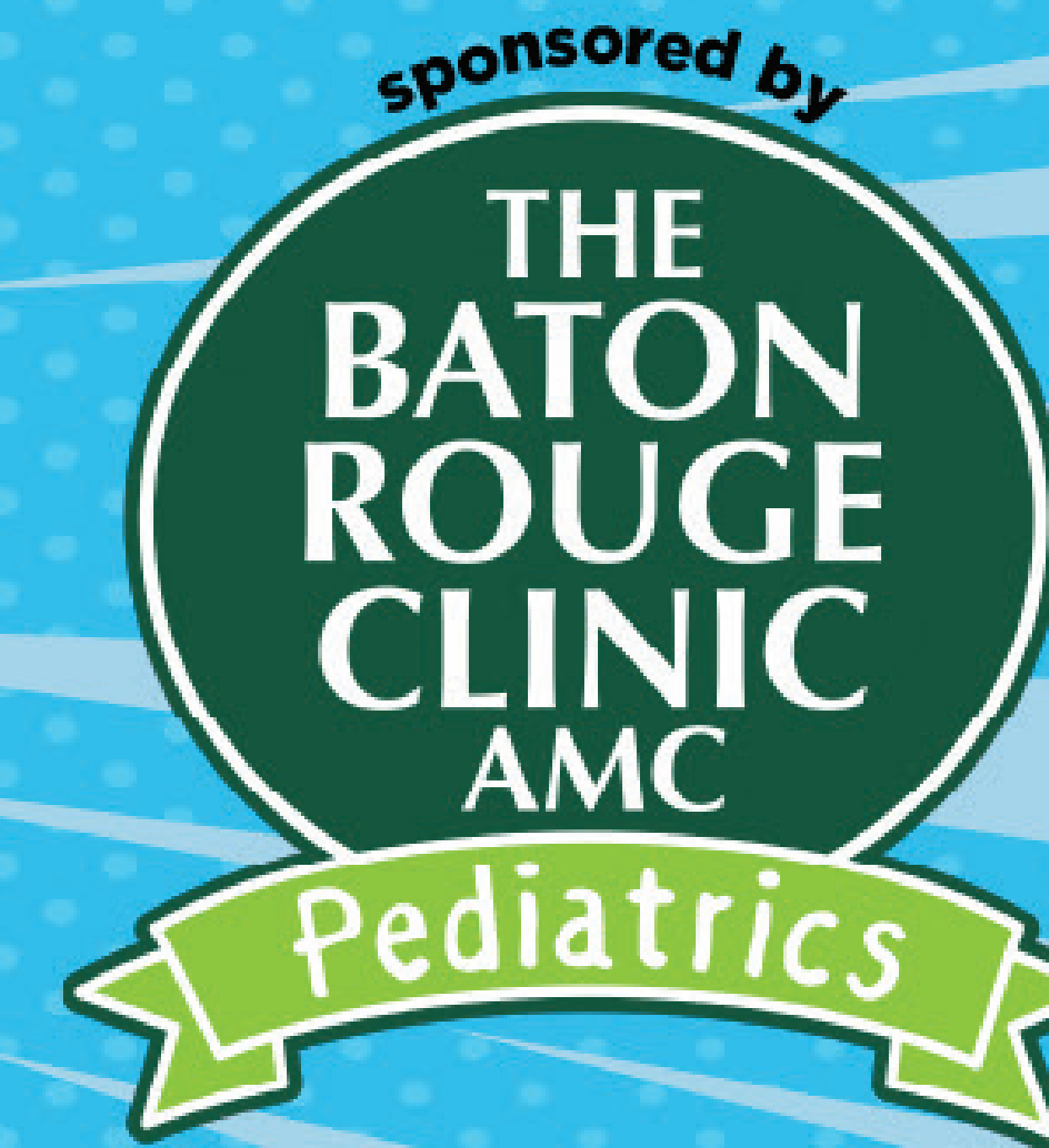


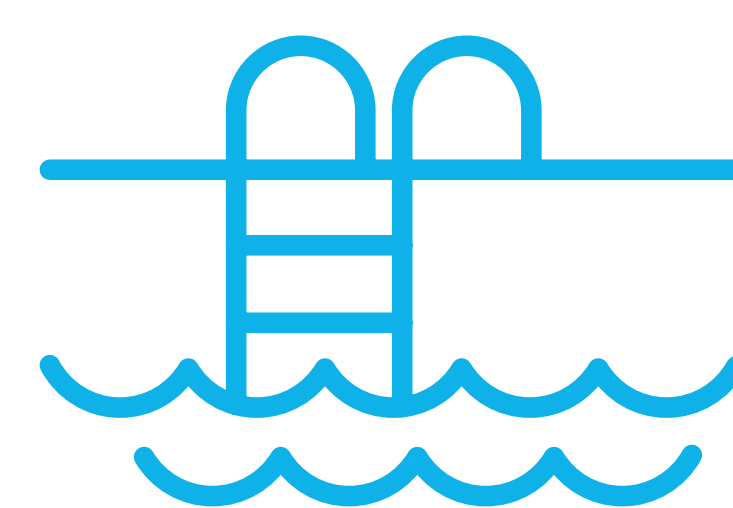


POWER UP

GROWING STRONGER, HEALTHIER KIDS



WATER SAFETY:



- Both children and adults should never swim alone- even the strongest swimmer should always have a buddy
- For young children or inexperienced swimmers, provide “touch supervision,” meaning the child is within arm’s reach when in or near water
- Always supervise children closely, and at the beach, be aware of rip currents.
- Never swim during storms or lightning
- Bright colored bathing suits are best, especially for young children, so that they can be easily spotted in and around the water

SUN SAFETY:



- Wear protective clothing & wide-brimmed hats when going outside.
- Always wear broad spectrum sunscreen of at least SPF 30 and reapply every 2 hours.
- Babies under 6 months should be kept out of direct sunlight, however if there is no way to avoid sun exposure, a small amount of sunscreen can be applied, but remember that it needs 30 minutes to be effective.

Seek shade, cover up, and wear sunscreen!

VEHICULAR HEAT STROKE AWARENESS:



The idea of forgetting about your child in a hot car is not something any parent wants to think about, but accidents happen.

The summer heat can make your car’s internal temperature dangerous. Overheating for children can happen in minutes which is why it’s so important to never leave a child in the car, even for a short period.

- Place something that you need for the day in the backseat with your child. This could be your purse or briefcase or even the shoe from your non-driving foot.
- Have something of your child’s in the front seat with you such as their diaper bag to serve as a reminder that they are in the car with you.
- Place a big stuffed animal in your child’s car seat. When you place your child in their car seat, move that stuffed animal to the front seat with you, again to serve as a visual reminder that your child is in the car.

Remember to look before you lock!

SUMMER FOOD DRIVE:



With kids being out of school for the summer there’s extra stress on families and demand on food pantries, and we need your help!

Help feed kids this summer by donating to the Greater Baton Rouge Food Bank.

Please drop off non-perishable food items to any of The Baton Rouge Clinic locations or make a monetary donation.

DONATE HERE!

