

## What are your plans this summer?

### Try one of our fun & creative activities!

- Have your child draw a picture of what they imagine the world looks like under the ocean!
- Create a fun painting by sprinkling Kool-Aid crystals onto construction paper.
- Create an ocean in a cup! In a clear cup or glass, place crushed



graham crackers followed by blue Jell-O and Swedish Fish or gummy shark candy. Top with whipped cream and then enjoy!

- Learn about buoyancy by filling a container with water and having your child guess what types of items will sink or float. Use things like loose change, small plastic toys, crayons, paper clips, buttons, a cork, small pieces of wood, or Styrofoam.

### WATER SAFETY TIPS

**Never leave a child alone in or near water for any amount of time**

**Children ages 1 to 4 have the highest drowning rates**

*Center for Disease Control*

**Even if a lifeguard is present, parents and caregivers should be the primary supervisor while their child is in the water**

**Participation in formal swimming lessons can reduce the risk of drowning by 88 percent among children aged one to four years.**

*Pediatrics & Adolescent Medicine*

**When in or near water, children below the age of 5 should have a parent or caregiver within arm's reach at all times**

### Learn CPR & First Aid with MPPFC this Summer!

Being trained in CPR and First Aid is an incredible resource for parents, caregivers, students, and community members.

The Martin-Pitt Partnership for Children offers trainings to the public for one of the cheapest rates you can find in Greenville and Pitt county, and it's a great investment to make in your future.

Our course will prepare you to recognize and care for a variety of first aid, breathing, and cardiac emergencies involving children and adults and meets OSHA/workplace requirements.

Training in CPR and first aid can allow you to save a life – whether it's someone in your family or a complete stranger.

According to the American Heart Association, nearly 383,000 non-hospital cardiac arrests occur annually, and 88 percent of cardiac arrests occur at home. Everyone knows to call 911 in an emergency, but when it comes to cardiac arrest, minutes count.

It can take as little as six minutes for the brain to die when it is not being supplied by oxygenated blood. Administering CPR can prevent serious brain injury. In severe

bone injuries, knowing how to set or immobilize the bone can mean the difference between a full recovery and not being able to bear weight on the bone in the future. Cuts that are not properly cleaned can become infected. In the minutes immediately following an injury, how fast someone is treated can have a large impact on the future health of the injured person.

Contact Family Services & Professional Development Director Tracy Chamberlain at [tchamberlain@mppfc.org](mailto:tchamberlain@mppfc.org) to learn more or register for an upcoming class.

# Throw some shade at Summer sun

## SUMMER SAFETY TIPS

**NEVER** leave a child or animal in a parked car, even with the windows open.

Choose light-colored, loose, breathable clothing for infants & children.

Opt for outside activities in the early morning or evening hours when the sun isn't as direct.

Stay hydrated & take frequent breaks during outside activities.

### SEEK IMMEDIATE MEDICAL FOR HEAT EXHAUSTION!

#### Symptoms Include:

increased thirst  
weakness  
fainting  
muscle cramps  
nausea and/or vomiting  
irritability  
headache  
increase sweating  
cool, clammy skin

Children under the age of 4 have the **greatest** risk of suffering from heat-related illnesses. The best way to stay safe? Learn how to prevent these injuries as well as how to treat them. With the temperature heating up in the coming months, there are plenty of fun activities that can be done indoors to avoid exposure to the sun.

- Purchase a foam visor from a craft store and have your child decorate it. You can also use half of a paper plate with a string tied to each side.
- Use painted macaroni and yarn to create necklaces and bracelets.
- Snack on a Summer sky by layering blue Jell-O and whipped cream to signify the blue sky and clouds.
- Have your child cut out petals from pieces of construction paper and glue them to a paper plate to make a beautiful flower.
- Visit the Martin-Pitt Partnership for Children's Lending Library to check out games, toys, puzzles, books, & more!

## Showcase your inner artist with marbled rainbows

In a large cookie sheet or cake pan, apply a 1-inch thick layer of shaving cream, and then add drops of food coloring in various places. Next, use a plastic knife or popsicle stick to draw designs in the shaving cream – try making swirls, drawing straight lines across the cookie sheet, or making zig-zag patterns.

After you have the design you want, lightly place a piece of white paper or card stock on top of the shaving cream.

Using a flat hand, gently rub the paper in a circular motion until you see the pattern start to transfer.

Once the pattern has transferred, gently peel your paper from the shaving cream. There will be shaving cream still clinging to the paper. Set this aside as is for 10 minutes to allow the food coloring to set into the paper. After the colors have set, use a knife or popsicle stick to scrape the remaining shaving cream from the paper and enjoy!

