

KidsFirst

June 2016



A publication of **Texas Children's Health Plan CHIP and STAR Members** ages 0-6 and their parents.

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READY SET SCHOOL

Save the Date! Back to School Fair

West Oaks Mall
Saturday, August 6
10 a.m. to 2 p.m.

BACK TO SCHOOL BACK TO SCHOOL BACK TO SCHOOL

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Have fun and be safe in water this summer

Splashing, wading, and paddling in the water means cool summer fun for kids. But water can be dangerous for kids and drowning is a real danger if kids are not watched closely.

The good news is there are ways to help keep your kids safe in the water. Watch children nonstop when they are near water, whether it's in the bathtub, a wading pool, a pond, swimming pool, beach, or a lake. Think about other possible danger spots. Buckets with water, the sink, a ditch.



All kids need to be closely watched in the water, whether or not they can swim. And infants, toddlers, and weak swimmers should have an adult swimmer within arm's reach to provide supervision.



If you don't know how to swim, it is a good idea for you to learn. Children who are 4 and older should learn, too. If your child is between the ages of 1 and 3, swimming lessons might help him, but check with your child's doctor first.



Inflatable vests and arm devices such as water wings are not adequate protection against drowning. Coast Guard-approved life vests with head support and a strap that goes between the child's legs are a better choice, but they do not take the place of adult supervision.



Don't get distracted. This can cause you to take your eyes off your child. Don't talk on the phone. Don't get so lost in conversation that you forget about your child. At a party, an adult should be chosen to watch the kids.



The water temperature is important too. If it is below 85°F, babies and young children can lose body heat quickly. If your child is shivering or his lips are turning blue, remove him from the water right away, dried off, and wrapped in a towel until he warms up.



So, keep these simple tips in mind, **slather on that sunscreen** and you and your child can have fun keeping cool in the water this summer!

Protect Your Child's Eyesight with Sunglasses

Most parents know that too much sun is not good for the skin. But, did you know that the sun can damage your child's eyes?

Even one day in the sun can result in a burned cornea. Too much sun over time can lead to cataracts, which leads to blurred vision later in life.



100%
UV Protection

The best way to protect your child's eyes from the sun is with sunglasses.

Not all sunglasses give the same amount of protection, though. It is important that you give your child sunglasses with special filters. **The label should say the glasses give 100% UV protection.** Dark plastic or glass lenses without the special UV filters just trick the eye into thinking it is safe from the sun.

But not all kids like to wear sunglasses. To help encourage your child to wear them, let him pick the style and color he likes—as long as it has 100% UV protection. Also, kids like to be like grown-ups, so if your child sees you wearing sunglasses often, he may copy you. This will also lead to the habit of your child wearing sunglasses and protecting his eyes in the future.



T-Shirt Contest Winners

Congratulations!

We received many entries for our 2015 T-Shirt Design Contest. **This year we picked 3 winners.**

Congratulations to:

Emmanuel Mnkondo, **7 years old**

Grace Mnkondo, **8 years old**

Suley Cabrera, **9 years old**

Thank you to all that sent art to us!

We look forward to see what you draw this year!



It's hot outside, **don't leave your child in the car**

The weather is heating up and so is your car. **NEVER leave your child in your car**, even for a short time, not even with the window cracked.



Your child's temperature increases much faster than an adult's, making the heat even more dangerous to your child.

To help keep your child safe, use the following tips:

- Teach your children not to play in, on, or around cars.
- Always lock the car doors and trunk; keep the keys out of your child's reach.
- When you are leaving your car, make sure that all of your children are out before you leave.



Remember your child's car seat can get hot, so before you put your child in, give the seat some time to cool off.



TIP: Let your purse ride in the backseat with your baby! That way, you won't forget either one.



Ham & cheese cracker sandwiches

What you need:

- 1/2 pound sliced deli ham.
- 4 slices cheddar cheese.
- 32 crackers - 2 per sandwich.

What you do:

1. Cut the ham slices and cheese into pieces about the same size as the crackers.
2. Like a sandwich, place a cracker on top and on the bottom of ham and cheese slices.
3. Enjoy!