



# Keep your kids safe this summer!

## **1. Always use sunscreen.**

Sunscreen with an SPF of 15 or higher should be used and then reapplied about every 2 hours. Teach your children to wear hats and sunglasses as well.

## **2. Don't let children swim alone.**

Make sure that your kids stay in shallow water until they're experienced swimmers, and never allow your children to dive in unfamiliar waters.

## **3. Trust the person supervising your children.**

Many parents work and need to find alternate care for their children when school is out. Make sure you know and trust your child's caregivers, and be sure your child knows how to contact you in case of emergency. Talk to your kids about unwanted sexual touching before placing them in someone else's care.

## **4. NEVER leave a child alone in a car.**

Leaving a child in a parked car can lead to hypothermia or heatstroke, and can be fatal. Even if the windows are down or the air conditioning is turned on, in 10 minutes the temperature in a vehicle can rise 19 degrees, making it extremely dangerous for children inside.

*A special update on carseat laws:*

Do you know the new carseat laws in Virginia?

**As of July 1, children up to 8 years old MUST be in a child safety seat.**

Additionally, the new law requires rear-facing child seats be placed only in the back seat of a vehicle. If the vehicle does not have a back seat, the device may be placed in the front passenger seat, provided the airbag has been deactivated, or there is no airbag equipment.

**Parenting can be tough, but asking for help doesn't have to be.**

If you need more help keeping your child safe this summer or with other parenting challenges, reach out!

Visit us online at [www.scanva.org](http://www.scanva.org)

Call 1-800-CHILDREN

*Brought to you by the Allies in Prevention Coalition and SCAN of Northern Virginia*