

## In the garden:

**Babies and small children – mostly drown at home in the bath or in the garden, in just a few centimetres of water.**

- Empty the paddling pool out after you've used it
- Turn a pond into a sandpit, or fence it in or cover it while your children are little
- Think about your neighbours' gardens too – young children can wander off into them and drown in garden ponds or pools even if you don't think they have access.
- Be alert to ponds or pools when visiting other people's homes.

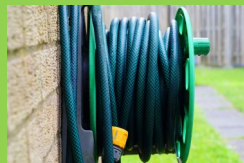


For more information  
on Child Safety  
visit **CAPT**



### **WARNINGS GIVEN AFTER SEVERAL REPORTED INCIDENTS OF SCALDS FROM HOSE PIPES.**

The hose pipes lay in the sun and the water laying in the pipes can reach scalding temperatures. **ALWAYS** make sure you run water through a hose before letting your child or young person near them.



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Have F  n  
in the Sun



# Summer Safety Leaflet

# Sunscreen and sun safety

## NHS Advice for adults and children on sunscreen and sun safety in the UK and abroad.

- Sunburn increases your risk of skin cancer. There's no safe or healthy way to get a tan. A tan does not protect your skin from the sun's harmful effects.
- Aim to strike a balance between protecting yourself from the sun and getting enough vitamin D from sunlight.

### Children and sun protection

- Take extra care to protect babies and children. Their skin is much more sensitive than adult skin, and damage caused by repeated exposure to sunlight could lead to skin cancer developing in later life.
- Children aged under 6 months should be kept out of direct strong sunlight.

### From March to October in the UK, children should:

- cover up with suitable clothing
- spend time in the shade, particularly from 11am to 3pm
- wear at least SPF30 sunscreen

**NHS**



### [www.skinhealthinfo.org.uk/sun-awareness/sun-protection-advice-for-children-and-babies](http://www.skinhealthinfo.org.uk/sun-awareness/sun-protection-advice-for-children-and-babies)



- Sunscreen application is best avoided in infants less than 6 months of age as babies have a higher surface-area to body-weight ratio compared with older children and adults, which means that a baby's exposure to the chemicals in sunscreens is greater, possibly increasing the risk of an unwanted reaction.
- The best approach is to keep infants under 6 months out of direct sun and in the shade as much as possible, not only to reduce their UV exposure but also to reduce the heat load on the baby. This is especially important around the mid-part of the day when UV radiation is most intense and the sun can be at its hottest.

## The Lullaby Trust

The weather is getting warmer, which can make following safe sleep advice more complicated. It's harder to keep a baby cool and holidays and travel can disrupt routines. We have put together some tips on summer safety so you can enjoy the summer and keep baby safe when it gets hot. Use the QR code below to watch the video.

For more information visit  
[Lullabytrust.org.uk](http://Lullabytrust.org.uk)



## The Lullaby Trust

**Babies prams or buggies should not be covered with blankets, cloths or any cover that prevents the air from circulating.**

Covering a pram or buggy with a blanket could lead to overheating, which increases the chance of SIDS. It also creates a barrier between parent and baby, which is risky because parents won't be able to see if their baby is having difficulties or monitor their temperature easily. We recommend attaching a clip on sunshade or parasol to the pram or buggy and checking if the baby is getting hot by feeling their chest or the back of their neck. Keep babies out of direct sunlight as much as possible.

## STAY HYDRATED

Please use the QR code to get important information about dehydration in babies and children.

