

[IMAGE]

## Protect Your Kids This Summer

The summer season is in full effect and the outdoors is the place where many kids will be spending their time – under the scorching sun. So how can you make sure they are safe?

Here are a few tips to help your kids make it through the hot weather in a healthy way while they are out of school:

1. Sunscreen is a MUST – Make sure your kids are prepared for the sunny afternoons by protecting their skin with sunscreen. This will ensure they are not prone to skin rashes and heat stroke.
2. Take Water Breaks – Kids love to play, but they need to stay hydrated, so if you are planning on being outside for a long period of time, make sure your kids are equipped with water to help replenish.
3. family fun - Copyright â Stock Photo / Register Mark Watch the bumps, bruises and bugs! – Make sure your family has an emergency kit handy for unexpected bug bites or injuries that may occur at play.
4. Pack healthy treats – Summer is a good time to instill healthy eating habits for your kids. Try introducing grilled veggies and summer fruits on your summer outings and keep your kids healthy.

The more prepared your kids are the more you will be able to enjoy the rest of the summer without any stress - a major plus.

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