



# Summer Fun!

## Orange Children & Parents Together



June 2007

It's hard to believe we are just a few days away from completing preschool and going off to kindergarten. Time has flown by this past school year! The growth of children is amazing~ has it really only been 9 1/2 months?

Many thanks to our parents who provided support to children and staff; parents who worked each day with their child at home to give him/her a *head start*, and parents who take with them to kindergarten *the skills and knowledge to advocate for their child*. It is with your continued support and dedication our children thrive. Enjoy your summer and best of luck in kindergarten.

### OCPT Staff

#### *Health Update.....*

Ten minutes of sun during the summer on face and hands will provide most children and adults with their daily requirement for **vitamin D**. That's because our skin makes vitamin D in the presence of sunlight. *Prolonged exposure to the sun, over a lifetime, increases the risk of skin cancer. It is therefore wise for children to wear sunscreen for prolonged exposure to the sun.*

Children's Nutrition 1999

### Water Safety

There is a strong attraction that pulls children towards water. Children love to splash in puddles, run through sprinklers and play at water tables.

*Childhood drowning is the second cause of childhood injury deaths for children under 4 years of age.* The majority of drownings occur in residential swimming pools, however children can and do drown in wading pools, bathtubs, buckets, toilets and spas. Childhood drownings can happen in a matter of seconds and without a sound.

- The best prevention to safeguard against childhood drownings is **adult supervision**.
- Prevent children from having direct access to a swimming pool.
- Always swim with a buddy and never in unsupervised places.
- Learn to swim- enroll yourself and your child(ren) in swimming classes.
- **LEARN CPR.**

National SafeKids Campaign and National Center for Injury Prevention and Control

