

What should I do if my child gets stung by a bee?

The first thing to do is to check to see if the stinger is present. If it is, remove the stinger by gently scraping it off. Wash the area with soap and water, then apply a cold compress. If swelling increases or other symptoms develop, call your doctor. Bees and other stinging insects like objects that have bright colors and sweet scents. Dress your child in light colors and avoid using perfumed lotions, soaps and shampoos.

I'm worried about my baby getting too hot in the summer months. What can I do to avoid this?

There are several steps you can take.

- ❑ Do not overdress your baby. Dress her in light-colored clothing to prevent soaking up heat.
- ❑ Have your baby drink plenty of fluids to avoid dehydration.
- ❑ Keep your baby in the shade whenever possible. Keep babies 6 months and under out of the sun.

See Sun Safety brochure for more information.

SAFE-T-SAURUSSM – Keeping Kids Safe

For more than ten years, SAFE-T-SAURUS has been helping Nationwide Children's Hospital keep children and families safe.

Educational safety information is provided through brochures, activity books, videos and personal appearances. Programs are available on a wide variety of safety topics.

And now you can visit SAFE-T-SAURUS on the Web. Nationwide Children's complete library of SAFE-T-SAURUS topics is available at www.nationwidechildrens.org. Safety items for your children and home can be purchased through Safe-T's online safety store also found on the Nationwide Children's Web site.



Sign Up For Health e-Hints

Nationwide Children's Hospital's Health e-Hints is a free email-based program designed to provide you with important age-appropriate child health information conveniently delivered right to your desktop.

Sign up today for this free service at www.nationwidechildrens.org/healthhints.



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Summer Safety



Parents want the best for their children. They want them to be healthy, happy and to develop normally and safely in all ways... from the first feedings to the first steps, and well beyond.

The questions and answers in this brochure are designed to help you, as a parent, make healthy and safe choices for your children.



Must my children wear their bike helmets when they are riding near home?

Yes! A bicycle helmet should be worn at all times when riding a bike. Most bike crashes occur in your own neighborhood. Wearing a helmet may protect the head and brain from injury. Bike helmets are very important for both children and adults.

Always use a CPSC, ANSI, ASTM or SNELL approved helmet fitted for your child's head. (See Bike Safety brochure for more information.)

Do infant bicycle seats provide a safe travel seat for my baby?

Some do and some don't. A safe infant seat should shield the feet and hands from the spokes, and have a safety belt to safely restrain the child. The seat must be properly installed, and all nuts and bolts should be secured. A seat used ten years ago or longer is not safe, and should not be used. Keep in mind that a child in an infant seat makes a bike more unstable for the driver.

What are some safety tips concerning swimming pools?



- Never allow children (usually less than 14 years of age) to swim without an adult watching.
- Use safety devices and fencing that has self-locking latches placed out of reach of small children.
- Keep rescue devices and first-aid equipment at poolside.
- Do not allow tricycles, bikes or wagons at poolside.
- Keep anything electrical away from the pool.
- Do not allow children near a pool without an adult.
- If you live in a home with a pool, you should receive CPR training. Call Nationwide Children's Hospital at (614) 722-4949 for a class schedule.

