

Playing Safely Outside



BRAIN BUILDER

Find safe places outside where your child can play. Exploring the outdoors, playing on playgrounds and being around other children will help him build his imagination and learn new physical and social skills.

In the Heat and Sun

Safer sun

- ✓ If your toddler is 12 months or younger, keep him out of the direct sun.
- ✓ Once he's older, stay out of the sun in the middle of the day, when rays are the strongest.
- ✓ Offer him plenty of water to drink.

What to wear

- ✓ loose clothes with a close weave
- ✓ sunglasses
- ✓ hat with a large brim, a neck cover and no ties
- ✓ sunscreen, even on cloudy days



DANGER

Never leave your child alone in a car. The inside of a car heats up quickly, even on a day that's not very hot. And children overheat more easily than adults. They can be seriously hurt or even die.



DID YOU KNOW

Sunburns put your child at risk for skin cancer later in life. Don't wait until he's red to get your child out of the sun. Burns don't usually show up until hours later.



HOW TO

Apply sunscreen

1. Use water-resistant sunscreen approved by the Canadian Dermatology Association with SPF 30 or higher.



2. Use 1 tablespoon (15 ml) or more.
3. Apply to all uncovered skin.
4. Use lip balm with sunscreen.
5. Repeat every 2 hours.



MEDICAL EMERGENCY

Heat Exhaustion

If your toddler is fatigued, weak, confused, nauseous or has headache, muscle cramps or cool, damp, pale skin, he may have heat exhaustion. Bring him indoors or into the shade. Take off his clothes and give him a cool bath and a drink of water. If he doesn't improve or if he vomits, contact your health care provider.

In the Cold

Safer cold

- ✓ Let your child warm up every 30 minutes.
- ✓ Keep him indoors if the temperature is below -25°C (-13°F) or if the wind chill is -28°C (-18°F) or more.
- ✓ If you take your toddler sledding, tobogganing, skating or skiing, be sure that he wears the right helmet for the sport (not a bike helmet) and that he wears it correctly.

What to wear

- ✓ layers of loose clothes
- ✓ warm coat that will stay dry, with sleeves that are snug at the wrist
- ✓ warm, non-slip shoes that will stay dry
- ✓ mittens
- ✓ warm hat without ties
- ✓ the right helmet for the sport



BE AWARE

If your toddler's cheeks, nose, ears, fingers or toes are white or numb, he may have frostbite. Bring him indoors right away. Take off any wet clothes, then put his frostbitten areas into warm water until feeling returns. This may cause stinging.

On the Playground

Safer playgrounds

- ✓ Ensure equipment, surfaces and sandpits are free of garbage, needles and broken glass and plastic.
- ✓ Use equipment that's no more than 1½ m (5 feet) high.
- ✓ Ensure equipment has guardrails and barriers, is in good condition and well-anchored, and has no sharp edges.
- ✓ Make sure the surface under equipment is sand, wood chips or rubber.

What not to wear

Avoid any clothing that can get caught on playground equipment and choke your child, like:

- ✗ very loose clothes
- ✗ drawstrings
- ✗ dangling scarves or bike helmet straps



BE AWARE

Always ensure that a trusted adult stays with your child and watches while he plays. He can fall or get caught – or even strangled – in playground equipment.

