



Child Abuse Prevention Council

Like us on Facebook 

CAPC Newsletter

July 2015

Council Updates

Hello friends of CAPC!

It's summer, and it's hot! There are many ways to keep cool but also some dangers that go along with the summer weather and activities.

So this month we are focusing on summer safety for kids.

With preventative information and resources we can all keep our kids safe throughout the summer!

Thank you for all you do to protect children in Amador County!

Child Abuse Prevention Council of Amador

www.amadorcapc.org

Summer Safety

Whatever your plans are for the summer -- barbecues, swimming and boating, or long family road trips - here are top summer safety tips to help keep your adventures as safe as they are fun.

Pool and Water Safety

Whether it's a day at the beach, an



Child Abuse Prevention Council

975 Broadway
Jackson, California 95642

(209) 223-5921
info@amadorcapc.org
www.amadorcapc.org

Events:

Next CAPC Meeting

Monday, July 20, 10:30am
975 Broadway, Jackson

Amador County Fair

Thursday - Sunday, July 23-26
Amador County
Fairgrounds, Plymouth

About CAPC

Our Vision

All children know they are valued; all families receive the support, education and tools necessary to give every child a safe, healthy and nurturing home; and a community that actively supports the health, safety, and education of its children.

afternoon by the pool, or taking the boat out on the lake, remember these tips to keep your kids safe around any body of water:

- Actively supervise children in and around water, giving them your undivided attention. Make sure to always practice "touch supervision" if your child is under five years old. This means that they are within an arm's reach while in the water.
- At a swimming pool, there should always be a lifeguard on duty to watch your child swimming. Many pools also offer life vests and inflatable devices to help young children in the water. To give little ones more confidence, swimming lessons are a great option because they will use this skill for the rest of their life. In addition, children should never run on the pool deck or dive into water that is not deep enough.
- Teach children to swim with an adult. Older, more experienced swimmers should still swim with a partner every time. From the first time your kids swim, teach children to never go near or in water without an adult present.
- Swimming aids such as water wings or noodles are fun toys for kids, but they should never be used in place of a U.S. Coast Guard-approved life jacket.
- A large portion of boating accidents each year involve alcohol consumption by both boat operators and passengers. To keep you and your loved ones safe, it is strongly recommended not to drink alcoholic beverages while boating.

Prevent Dehydration and Heat Related Illness

Summer can be hot and you want to make sure you and your kids drink plenty of water. Eating water-rich fruits such as grapes or watermelon can also help replace fluids and gain nutrients. While outside, limit outdoor activities during the hottest parts of the day or find a shaded spot.

Use Sun Protection

This means your child should wear sunscreen to prevent sunburns and it should be reapplied often. However, you can also have them wear swim shirts and bathing suit covers, hat and sunglasses to help protect them from the sun's rays. Light, breathable clothes will absorb less heat to help keep them cool.

On the Road Again & Safe Riding

Whether it's a three-hour drive to the a family gathering or a three-week road trip to the Grand Canyon, car travel is a great way to get where you're going. Make sure your whole family arrives safely with these tips:

- Buckling up on every ride is the single most important thing a family can do to stay safe in the car.
- Seventy-three percent of car seats are not used or installed correctly, so before you hit the road, check your car seat.
- Use a booster seat with the vehicle lap AND shoulder safety belts until your child passes the Safety Belt Fit Test.
- Kids are VIPs - just ask them. VIPs ride in the back seat, so keep all kids in the back seat until they are 13.

Heatstroke is the leading cause of non-crash, vehicle-related deaths for children. Never leave your child alone in a car, not even for a minute.

For bike riding adventures it's important for children to wear a helmet while biking. Choose a bike helmet with a Consumer Product Safety Commission (CPSC) safety seal on it, because they set the safety standards. You can also keep children safe by making sure their bike is the right size. There are recommended sizes for children's bikes

Our Mission

CAPC is committed to preventing all forms of child abuse in Amador County through community partnerships, free trainings, education, and family-centered events that value children, strengthen families and engage communities.

Governor Brown's Drowning Prevention Message

Drowning Prevention is most effective with a "layers of protection" approach:

- Never leave a child alone near water, even for a few seconds;
- A supervising adult should be close enough to touch the child under 4 years old near water;
- Keep a constant adult eye on young children;
- All collections of water are dangerous for infants and toddlers including bathtubs, buckets, toilets, ponds, spas, swimming pools, and natural water sites;
- Swimming pools should have fences, alarms, and drains that meet regulations;
- Pool gates should be self-latching, opening outward, with the latch out-of-reach for a child;
- Keep reaching and throwing aids near a swimming pool;
- All children should wear a personal floatation device while playing near bodies of water;
- Parents and child caregivers should

based on your child's age and height. It might be easiest to have your child go with you when choosing a bike.

Bee Stings and Bug Bites

Try to avoid having contact with bugs that bite or sting. Bees and mosquitoes can be attracted to sweet-smelling things such as lotions and sugary drinks. When bees are buzzing, tell your kids to remain calm and avoid swatting, so the bee does not feel threatened. The best way to avoid mosquitoes is to play away from pools of standing water and stay indoors during dawn and dusk.

Firing up the Grill

Picnics and barbecues are a staple of the summer months. Keep these tips in mind to keep kids safe around the grill:

- Position the grill well away from siding, deck railings, out from under eaves and overhanging branches and a safe distance from lawn games, play areas, and foot traffic.
- Keep children and pets away from the grill area by declaring a 3-foot "kid-free zone" around the grill.
- Keep all matches and lighters away from children. Teach your children to report any loose matches or lighters to an adult immediately.
- Always supervise children around outdoor grills.


For more safety information for kids, be sure to visit <http://www.safekids.org>.

know how to perform rescue techniques and strategies to respond in an emergency;

- If a child is missing, check the pool first.

For more information on water and swimming safety, visit this [LINK](#).

***Please help share
the work we do
and forward this
to your friends
and colleagues!***

 Forward to a Friend

Just a reminder that you're receiving this email because you have expressed interest in the Child Abuse Prevention Council. Don't forget to add info@amadorcapc.org to your address book so we'll be sure to land in your inbox!