

Prevent Accidental Drowning

Drowning is the second leading cause of unintentional injury-related death for children ages 1 to 14 years.

Almost one-third of deaths in children ages 1 to 4 are drowning deaths.

Children can drown anywhere an inch or two of water can accumulate including: bathtubs, buckets and pails, ice chests with melted ice, toilets, hot tubs, spas, whirlpools, irrigation ditches, post holes, wells, fish ponds, and fountains.



- Children must be watched at all times by an adult while in or near water.
- Stay within an arm's length of your child.
- Empty all buckets, pails, and bathtubs immediately after use.
- Keep young children out of the bathroom unless they are closely watched.
- Never leave a child alone in a bathtub or in the care of another child, even for a moment.
- Learn CPR and know how to get emergency help.

For more information visit:

<http://www.aap.org/healthtopics/watersafety.cfm>

Beware of Hidden Lead Dangers

Every year about 300 kids in Maine are found to have lead poisoning. In Maine most cases of lead poisoning are found in houses that were recently remodeled.

Lead can cause learning delays, behavioral problems, or lower intelligence.



Keep your child safe.

If you live in an older house:

- Make sure the paint on windows and doors is in good condition
- Test for lead before you repaint or repair your home
- Clean often using wet mops and rags to wipe up lead dust
- Wash your baby's hands before eating, before naps and bedtime
- Wash your baby's toys too
- Leave shoes at the door. This keeps leaded dirt outside

If you work with lead at your job:

- Wash your clothes separately
- Wash up or shower before touching your child

For more information visit: www.maine.gov/healthyhomes

Ready for Swimsuit Season?

If you're trying to lose a few extra pounds avoid alcoholic beverages!

Alcohol...

- Slows the body's metabolism
- Prevents the body from burning fat
- Acts as a depressant
- Increases fatigue
- Triggers cravings and hunger
- Is high in calories and carbohydrates and has no nutritional value

For more information visit: <http://www.freshstory.org/FreshStory-Vol-41.html>



Y FIT TIP


10 tips to make Fitness a Habit

1. **Do a variety of activities you enjoy:** Your muscles can get used to the same routine, so mix it up for your body and to decrease boredom.
2. **Commit to another person:** Find a fitness buddy! You will be less likely to cancel if someone is waiting for you.
3. **Make exercise a priority:** Make it non-negotiable and schedule it into your daily planner as you would a work meeting.
4. **Exercise first thing in the morning:** You'll be sure to get your work out in.
5. **Or exercise on the way home from work:** Pack your gym clothes and stop at the gym or a walking trail on the way home.
6. **Exercise even when you are "too tired":** Often this is when you need exercise the most and chances are you'll feel refreshed and energized after.
7. **Log your activity:** Make a game of it and try to walk, bike or swim the distance from Boston to Maine.
8. **Pay attention to the indicators of progress:** Focus on the way exercise makes you feel, gives you more energy or helps you get a better night's sleep.
9. **Walk—with a dog:** Walking is a great form of exercise and nothing is more motivating than a wagging tail counting on you for a walk. Don't have a dog? Volunteer at your local humane society.
10. **Reward yourself:** Reward yourself for the small steps you take. If you get off track one day don't feel guilty. Start again tomorrow.



Summer is Here!

5 Ways to Keep your Child Active and Healthy

1. **Bike riding/nature walks:** These are fun activities for the whole family. Studies show kids are more active if their parents are too!

2. **Swimming:** Nothing beats splashing around in a pool with friends. Swimming provides a full body workout for both children and adults. Consider swimming lessons for your child.
3. **Team sports:** Basketball and soccer are great ways for kids to be active outside during the summer. Both are ideal for developing agility and team work skills.
4. **Obstacle courses:** Challenge kids to use a variety of different skills by setting up an obstacle course at home or at a park, use playground equipment, jump ropes, balls and cones.
5. **Jumping rope:** Still a favorite on most playgrounds! Whether alone or in a group jumping rope challenges both coordination and stamina.

Children and adolescents should get 60 minutes or more of daily physical activity. Make sure activities are age appropriate and fun!

For more information visit: www.acefitness.org

Small changes can make a big impact over time and it's never too late to start.

www.WhatYouDoMatters.org

