

# Family

## CONNECTIONS

June 2023

A MONTHLY NEWSLETTER BROUGHT TO  
YOU BY HEALTHY FAMILIES SKYLINE

Vol 4 Issue 6

## PRACTICING SAFE SUN



It's that time of year when everyone is busy with outdoor activities, and that comes with increased sun exposure. We've put together some tips to help you keep your children as well as yourself properly protected from the sun's harmful rays.

Apply sunscreen whenever you are outside, not just at the pool or beach. Look for **SPF 15** or higher with UV/UB protection.



1oz  
sunscreen



Use a full ounce and apply at least 30 minutes before you go outside. Be sure to reapply often, at least every **2 hours** and after swimming or sweating. *Don't forget ears, necks, lips, and tops of feet!*

The American Academy of Pediatrics recommends **babies under 6 months** stay in the shade or avoid the sun. It only takes **10 mins** for a baby's skin to burn!



A broad-rimmed hat, protective clothing, and sunglasses will provide an extra level of sun protection. Look for sunglasses that block **UVA/UVB** rays. Don't forget! Baby needs sunglasses too!

Try to avoid the sun between **10 AM and 4:00 PM** when the rays are strongest.



Use sunscreen even on cloudy days. **80%** of the sun's rays can pass through clouds and fog!



# SAFE SPLASHING



Going to the beach or pool can be a fun way to keep cool in the summer, but it's important to remember water can be very dangerous.

A child can drown in less than one inch of water, so it's important to remove any source of water from the play area, like buckets, bowls, puddles, pools, etc. It is fine to let a child splash and play as long as you are watching them. Always know where your child is. Stay close and never leave them unattended. Whenever infants or toddlers are around or in water, an adult should be within arm's length. Never assume someone else is watching your child.

## HAPPY FATHER'S DAY!

The day honoring fathers and father figures is celebrated the third Sunday in June. This year, it will be celebrated June 18.



Let's not forget to take time to remind the father figures in our lives how important they are. Recognizing dads' importance makes them more aware of their value and leads to greater desire to be involved. Children with involved fathers are more likely to be emotionally secure, confident to explore their surroundings, and have better social connections as they get older. They have fewer physical, emotional, and social problems.

All children need the love and support of both their mother and father. Parents who live apart can still provide these things if they share responsibilities and support each other's efforts. Working together benefits the children and makes the family stronger.



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### Important dates this month:

- June 14 Flag Day
- June 18 Father's Day
- June 19 Juneteenth
- June 21 First day of summer