



Healthy Families Skyline CAP Welcomes New Family Support Specialist

We are excited to welcome Candace Stacy, our new Family Support Specialist for Fauquier and Rappahannock counties to the Healthy Families team! With a passion for supporting families and building strong community connections, she brings valuable experience and enthusiasm to her new role.

In the coming weeks, she will be reaching out and visiting many of our community partners. We look forward to the collaborations ahead and know that her presence will further strengthen the important work we do together.

We feel truly fortunate to have her on our team and are confident she will make a meaningful difference in the lives of the families we serve. Please join us in giving her a warm welcome!



Not Even for a Minute: Why Hot Cars Are So Dangerous

Even on a mild day, the temperature inside a parked car can rise quickly—turning deadly in just minutes. Leaving a baby, child, or pet in a car, even "just for a moment," can have tragic consequences.

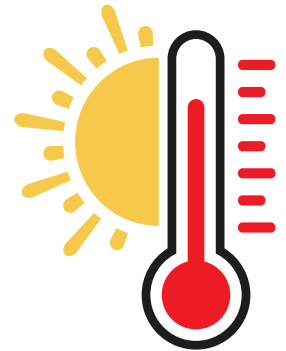
Here's why it's so dangerous:

- On an 80°F day, the inside of a car can reach **over 100°F in 10 minutes!**
- Babies and young children are especially vulnerable because their bodies heat up 3–5 times faster than adults.

Important reminders:

- Never leave a child or pet alone in a car—not even for a minute.
- Always check the back seat before locking your car.
- Leave a stuffed animal or other visual cue in the car seat when it's unoccupied. When placing your child in the seat, move the item to the front passenger seat as a reminder.
- Apps and devices like car seat alarms are designed to alert parents and caregivers if a child is accidentally left behind in a vehicle.
- Keep car doors locked at home to prevent curious kids from climbing in.

If you see a child or pet alone in a hot car, call 911 immediately.



Sun Smarts for Kiddos

Warm weather means more time outdoors—whether it's a quick stroll around the block, a day at the park, or backyard playtime. But with all that sunshine comes the need to protect your infant or toddler's delicate skin from harmful UV rays.

Stay cool, stay safe, and enjoy your summer by following a few simple and effective tips to help you keep your child safe in the sun this summer:

Babies Under 6 Months

For babies younger than six months, the best protection is keeping them out of direct sunlight altogether. Their skin is too sensitive for most sunscreens.

- **Stay in the shade:** Use stroller canopies, umbrellas, or trees to keep your baby cool and shaded.
- **Dress for protection:** Lightweight, long-sleeved clothing and wide-brimmed hats help shield baby's skin.
- **Sunscreen?** Sunscreen is not recommended for babies under six months, so be sure to follow the tips above by keeping your baby out of direct sunlight and dressed in protective clothing and hats.



Toddlers and Older Infants

Once your child is older than 6 months, sunscreen becomes a safe and important tool for sun protection.



- **Use broad-spectrum SPF 30 or higher:** Look for mineral-based sunscreens with zinc oxide or titanium dioxide, which are gentler on sensitive skin.
- **Apply early and often:** Apply sunscreen 15–30 minutes before going outside, and reapply every 2 hours—or sooner if your child is sweating or playing in water.
- **Don't forget easy-to-miss spots:** Ears, necks, tops of feet, and the part in the hair often get overlooked.

Time it Right

The sun's rays are strongest between 10 a.m. and 4 p.m. If you can, plan outdoor activities early in the morning or late in the afternoon.

Gear Up!

Sun-protective clothing, UV-blocking sunglasses, and wide-brimmed hats are great additions to your summer routine.



Reminder:

Sunburn in childhood can increase the risk of skin cancer later in life. But with just a few precautions, your family can enjoy the sunshine safely. If you ever have concerns about a rash or sun reaction, check in with your pediatrician.



StartSmart is designed to share practical tips and advice each month to help you nurture your baby's growth and development. From encouraging milestones to promoting healthy habits, *StartSmart* is here to support you every step of the way on your parenting journey!

Building Routines That Help Babies Thrive

Babies may be little, but they feel more secure and grow more confidently when life has a rhythm. Creating simple routines can help your baby sleep better, feel calmer, and learn more about the world around them.

Here are a few ways to *StartSmart* with healthy daily habits:

Morning Moments Matter

Even a short morning routine helps your baby know it's time to start the day. Open the curtains, greet them with a smile, and talk to them while you change their diaper or get them dressed. These little rituals build emotional connection and early language skills.



Feeding = More Than Just Food

Whether you breastfeed, bottle-feed, or both, feeding time is a powerful bonding moment. Make eye contact, talk or sing softly, and watch your baby's cues—like turning away when full. These moments help your baby feel safe and understood.

Naps and Nighttime: Why Consistency Counts

Bedtime routines (even short ones) can improve your baby's sleep. A warm bath, quiet rocking, or a bedtime song helps signal that it's time to wind down. Babies thrive when they know what to expect.



Playtime with Purpose

You don't need fancy toys to help your baby grow. Peekaboo, tummy time, or describing what you're doing ("Now we're putting on your socks!") all help build their brain. Babies learn through safe, loving interaction.

Start Smart, Not Perfect

It's okay if every day doesn't go as planned—babies are still learning, and so are parents. Simple routines help babies feel safe and give you some predictability too.

Every cuddle, diaper change, and lullaby is helping your baby grow smarter and stronger. You're doing better than you think!



Important dates this month:

June 14 Flag Day

June 15 Father's Day

June 20 Summer Solstice 



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