

Keeping kids safe outside during summer play

July 23 2023, by Deb Balzer



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Summer vacation for kids is well underway. Finding activities to keep the kids busy and destinations to visit can be on many parents' list. There is one place Mayo Clinic's Dr. Steven Maher hopes they don't have to visit—and that's the emergency medicine department.

From wearing bike helmets to keeping kids hydrated, Dr. Maher says

there are a few things you can do to help keep kids safe during summer play.

Learning to ride a bike—it's something many kids look forward to. Ending up in the [emergency department](#) is not.

"Bicycle injuries are commonly seen among children. And one of our key preventive measures for that are bicycle helmets," says Dr. Maher.

Wearing a well-fitted helmet every time is important.

And not just the kids, everyone can reduce the risk of head and brain injuries in the event of a crash by wearing a bike helmet.

Consider sun safety as well. Put on the sunscreen.

"Kids also don't like to put on sunblock, which is extremely important," he says.

And don't forget to keep the [water](#) flowing.

"They should drink lots of water, plenty of it. And once they get into the second or third bottle of water, they can start adding in something like an electrolyte drink just to kind of keep the [electrolytes](#) up as well because you lose [salts](#) and water," Dr. Maher says.

Tips to keep kids safe during summer play

- Make sure everyone riding bicycle wears a properly fitted helmet.
- Ensure children of all ages wear sunscreen while outside.
- Have plenty of water available to help keep [kids](#) hydrated.

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Citation: Keeping kids safe outside during summer play (2023, July 23) retrieved 28 April 2024
from <https://medicalxpress.com/news/2023-07-kids-safe-summer-play.html>

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