



First in
Primary
Care **Broadway**
MEDICAL CLINIC

TAKE CARE

HEALTHY TIPS
FOR
SUMMER

Summer vacation beckons our kids with long hot days, popsicles, and relaxation. Though it's important for kids to get a well-deserved break from their hectic and busy schedules, it is also just as important for them to stay safe while active.



Drowning Prevention by the American Academy of Pediatrics

For more information, visit www.aap.org

Drowning can be silent and quick. To refocus the attention of parents and physicians on one of the leading causes of death among children, the American Academy of Pediatrics (AAP) is publishing updated recommendations on water safety.

“Drowning is the single leading cause of injury-related death among children ages 1 to 4,” said Sarah Denny, MD, FAAP, lead author of the policy statement, “[Prevention of Drowning](#)” published online March 15, 2019, in *Pediatrics*. “Many of these deaths occur when children are not expected to be swimming or when they have unanticipated access to water. Toddlers are naturally curious; that’s why we must implement other strategies, such as pool fencing and door locks.”

The second age group at highest risk of drowning deaths is teens, said Dr. Denny. Every year, about 370 children ages 10 to 19 drown. “Adolescents can be overconfident in their swimming abilities and are more likely to combine alcohol use with swimming – compounding their risk significantly. Children of color, especially African American teens are especially at risk.”

In the policy statement, the American Academy of Pediatrics lays out strategies to protect children at each stage of their life. New parents are advised to be vigilant at bath time and to empty all buckets and wading pools immediately. All children should learn to swim, and children and teens should wear life jackets while near open bodies of water. Teens can learn CPR and other water safety skills.

The Children's Health Foundation is a non-profit organization that partners with your Pediatrician to develop quality health care programs in our community. We work together to foster the highest quality care for children, to raise awareness on health issues, and to achieve better children's health outcomes. Please ask your provider for more information.

CHILDREN'S HEALTH *foundation*

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Portland, Oregon 97239
503-222-5703 503-224-3938 (fax)
www.ch-foundation.org

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Do you have a curious toddler?



As your child grows, think about **water safety** around the house!

infant



crawler



toddler



child



teen



Young children are naturally curious –
and they are quick to discover new things to explore.

After birth defects, drowning is the **No. 1** cause of death for children ages 1-4. Make sure your home and any home you visit are as safe as they can be.



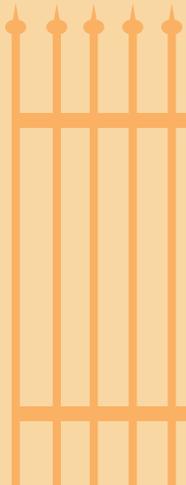
Stay within **arm's reach** whenever your child is near water.

Assign a **water watcher** – an adult who will pay constant attention to children in the water.

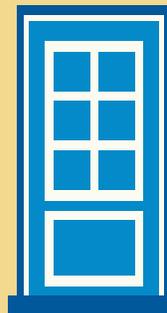


Have a pool?
Be sure it's **surrounded on all sides by a fence** that is

- At least 4 feet high
- Non-climbable
- Has a self-latching, self-closing gate



Empty **buckets, bathtubs, and wading pools** after each use.



Use safety gates, or **lock the door to the yard or garage**, to keep your child from going outside unnoticed.



Avoid 'floaties.' Instead, children should wear **Coast Guard-approved life jackets** when in and around water.



All kids should **learn how to swim**. Talk with your pediatrician about whether your child is ready.



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Water Safety for Teens



Take steps to protect your teen, anytime he or she is near water.

infant



crawler



toddler



child



teen



Every year, about **370** children and teens ages 10 to 19 drown. Many of these deaths happen in lakes or rivers, but teens can also drown in a pool – even teens who have learned how to swim.



In a boat, all adults and all children should wear life jackets.

Help your teen get water smart:

- Learn to swim from a qualified instructor.
- Choose safe places to swim.
- Learn to recognize hidden obstacles and rip currents.
- Never go in the water after drinking alcohol.



Most drownings occur when children swim without **adult supervision**. Never allow your teen to swim alone or hang out by the water without an **adult watching**.



Be prepared to help. Teens should **learn CPR**. Water safety is a family affair.



Do not allow your teen to rely on inflatable rafts as life preservers.

Do not swim at beaches with **large waves**, a powerful **undertow**, or **no lifeguards**. Follow swim warnings posted at public beaches.



Teach your teen to always enter shallow and unknown water **feet first**.



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AAP will also publish new information for families on its website for parents, HealthyChildren.org, including water safety advice based on children's developmental stages, and recommendations on choosing a good learn-to-swim program.

“Research has found that swim lessons are beneficial for children starting around age 1, and may lower drowning rates”, said Linda Quan, MD, FAAP, a co-author of the policy statement.

“Learning to swim is a great family activity,” said Dr. Quan. “Families can talk with their pediatrician about whether their child is developmentally ready for swim lessons, and then look for a program that has experienced, well-trained instructors. Ideally, programs should teach ‘water

competency’ too – the ability to get out of the water if your child ends up in the water unexpectedly.”

Even the best swim lessons cannot “drown-proof” a child, and so AAP strongly recommends parents take steps that make a child's environment safer. For homes with a pool, the most important safety measure is a 4-sided fence that completely surrounds the pool and isolates it from the house.

AAP also recommends:

- Parents and caregivers should never leave children alone or in the care of another child while in or near bathtubs, pools, spas, or other open water.
- Adults should empty water from buckets and other containers immediately after use.
- Do not leave young children alone in the bathroom. Toilet locks can prevent drowning of toddlers.
- When infants or toddlers are in or around the water, a supervising adult with swimming skills should be within an arm's length, providing constant “touch supervision.”
- Even with older children and better swimmers, the supervising adult should focus on the child and not be engaged with other distracting activities.



Nutritious Nibbles

Any-Melon Agua Fresca

This drink is popular in Mexico and some other Latin American countries, and if you've ever eaten in a taqueria (taco shop), you may have seen different flavors of it in the clear drink dispensers. Agua fresca means “fresh water” in Spanish — which gives you a sense of how light and refreshing this drink is. You can use any melon, as long as it's ripe and flavorful. You can even mix two kinds together. By Adam Ried

MAKES:
7 SERVINGS

INGREDIENTS

4 cups (1 1/2–2 pounds)
cold, seedless melon
chunks, including
watermelon, honeydew, or
cantaloupe
1 cup very cold water
1 tbsp fresh lime juice
pinch salt
1 tbsp honey (optional)

INSTRUCTIONS

Wash your hands with soap and water, then gather all your equipment and ingredients and put them on a counter.

1. Put all the ingredients in the blender.
2. Put the lid on tightly. Turn the blender to medium and blend until the mixture is liquidy and smooth. Turn the machine off, and use the small spoon to taste the mixture. Does it need a bit more lime juice? A squeeze of honey? If you add more lime juice or honey, put the lid back on the blender tightly, turn the blender to medium, and blend for about 5 more seconds.
3. Serve right away, or cover and refrigerate up to 4 hours. If you refrigerate it, give the drink a quick stir before serving.



Recipe from www.chopchopfamily.org