

Schedule your child for their annual visit while school is out. Beat the “back to school” rush at the end of Summer. Children should have a checkup every year after their 3rd birthday through age 18. Sports forms are free with an up-to-date checkup. <https://www3819.ssldomain.com/gwinnettpeds/appointment-request.php>

SUN EXPOSURE

Prevent Skin Cancer from occurring in your children by preventing prolonged exposure early in life. This is the recommendation from the American Academy of Pediatricians.

Education about UVR exposure is important for all children, especially those at high risk for developing skin cancer: children with light skin and eyes, who freckle or sunburn easily, or have a family history of melanoma. Pediatricians advise children, parents and teens about the dangers of UVR exposure. Recommendations include wearing proper clothing and hats, timing outdoor activities to minimize peak midday sun (10 am-4 pm) when possible, applying sunscreen, and wearing sunglasses. Infants younger than 6 months should be kept out of direct sunlight. Protect infants with clothing and hats and sunshades such as umbrellas.

Teens and Tanning Salons:

The use of tanning salons is a common practice among teenagers. The intensity of UVR radiation produced by some tanning units can be 10 to 15 times higher than the midday sun. Along with the World Health Organization, the American Medical Association, and the American Academy of Dermatology, the AAP supports legislation prohibiting access to tanning salons or use of artificial tanning devices by children under the age of 18.

SWIMMING SAFETY FOR KIDS

Take precautions when your children are near the pool or lake this summer. It only takes a few minutes and a few inches of water for a child to drown. Groups at the greatest risk of drowning are toddlers and male adolescents. Beware inflatable pools with a small amount of water can pose a risk. Children lean over soft-sided pools and fall into the water unexpectedly.

Many swimming accidents happen around drains. Children with long hair near the suction outlet can be pulled toward the drain with resulting entrapment. The use of drain covers, pressure venting systems can reduce drain related incidents. Keep toys out of the pool as children are tempted to reach for toys and fall into the pool or move away from close supervision. Look for links related to summer safety on our website.

<http://www.gwinnettpeds.com/links.php>

Where to go this summer??

Try the Movies at Mall of Georgia

<http://guidetogwinnett.com/2011/05/25/catch-a-flick-at-mall-of-georgias-movies-under-the-stars-series/>

Go to your local parks for hiking and bike riding

<http://www.gwinnettcounty.com/portal/gwinnett/Departments/CommunityServices/ParksandRecreation/OurParksandFacilities>

Summer Reading Programs at the library

<http://www.gwinnettpl.org/kids/index.html>

Or puppet show at the library

<http://www.gwinnettpl.org/puppetshows/2011-06>

Free Bowling

http://freebowling.amf.com/?cct_info=3|25400|1191582|20998943|272194035|p|704640116|tc|6435628004|&cct_ver=3&cct_bk=for%20kids&cct_st=summe%20events%20for%20kids%20in%20gwinnett%20county

FUN AT HOME THIS SUMMER! PLAY DOUGH RECIPE

½ cup salt

½ cup water

1 cup flour

food dye (any color, be creative)

Newspaper (or old plastic tablecloth) to cover surface you are working on

Mix together until it is soft –

HAVE FUN!!