



TREETOP TALK



Anna Shaw
Children's Institute

July 2022

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Anna Shaw Children's Institute provides champion care to children and families for happy, healthy lives.

Summer Fun and Safety



Summertime is full of fun activities with your kids, but with that comes safety concerns for all parents. Whether your child has a developmental delay, autism, or is neurotypical, safety is important. Some helpful tools are listed below.

Tracking Devices

Some children with autism or a developmental delay may be an elopement risk. This means they are likely to bolt from the house or yard if something especially interesting catches their attention. If your child has limited communication skills and wouldn't be able to find her way home or tell someone where her home is, it may be beneficial to have her

wear a GPS tracker or Radio Frequency (RF) device in her pocket, on a belt, or as a bracelet. This way, her location can be determined if she ever gets lost. In addition to a tracking device, your child should also wear a medical ID bracelet, necklace, or tag so that her health/condition information is readily available when she is found.

House and Pool Alarms

Even if you have strong locks on your doors and windows, they will probably be open more often during the summer. Therefore, it is a good idea to install alarms that will alert you when windows are opened past a certain height. Keep in mind that it's easy to become desensitized to these alarms because of the frequency of doors opening and closing in the summer months. Of course, you can turn alarms on and off according to your child's level of supervision. For example, if you know you need to bathe one of your other children and leave your other child unattended for a brief period, it may be a good time to turn on the alarm. And, if you have a pool, you may want to consider investing in a pool alarm system.

Teach Your Child to Swim

Consider scheduling time to take adaptive swim classes with your child. Many YMCAs and local parks and recreation centers offer these classes. If your child has difficulty learning conventional swimming strokes, teach her drownproofing, a water survival technique that will help her stay afloat until help arrives. Although it can be challenging, remaining vigilant about safety this summer will make it a happier and healthier season for your entire family.

Use Sunscreen

The American Academy of Dermatology (AAD) recommends that all children, regardless of skin tone, wear sunscreen with an SPF of 30 or higher.

Getting outside is an excellent way for kids to be active, cope with life's ups and downs, and get a daily dose of vitamin D. But it's important to take sun protection measures whenever kids are outside. With so many sunscreen options on the market, it can be hard to know what to choose. Here are some general sunscreen tips:

- Choose a sunscreen with an SPF of 30 or higher and one that says "broad-spectrum" on the label to ensure it will protect kids from both ultraviolet B (UVB) and ultraviolet A (UVA) rays. UVA rays cause signs of aging, and UVB rays cause sunburns and most types of skin cancer.
- Look for "water-resistant" on the label. These products protect your child for 40 to 80 minutes in the water.
- Apply enough sunscreen to evenly cover all areas of the skin that will be exposed to the sun, especially the face, nose, ears, hands, and backs of the knees. Rub it in well.
- Plan to apply sunscreen 15 to 30 minutes before going outside, and reapply every 2 hours and after swimming, sweating, or toweling off.
- Skip the spray. Aerosol sprays can be inhaled into the lungs, alcohol ingredients are flammable, and it's challenging to apply spray sunscreen evenly. If a spray is your only option, we recommend spraying it onto your hands before rubbing it onto your child's skin.
- Ask your pediatrician if any of your child's medicines affect sun exposure. Some medications can make the skin even more sensitive to the sun or may react with sunscreen ingredients.
- Watch for any reactions when trying a new sunscreen. If your child develops a rash, try looking for options made from ingredients appropriate for sensitive skin, like zinc oxide. And avoid products that contain oxybenzone, as this ingredient is known to cause allergic reactions.
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For additional resources or tips, please call Anna Shaw Children's Institute Nurse Navigator, Krista Rogers, LPN, at 706-226-8912.

7th Annual
NORTH GEORGIA  **AUTISM CONFERENCE**

SAVE the
 **DATE**

FRIDAY, OCTOBER 28, 2022

DALTON CONVENTION CENTER

2211 Tony Ingle Parkway
(formerly 2211 Dug Gap Battle Rd)
Dalton, GA 30720

KEYNOTE SPEAKER

Haley Moss, Esq.



Attorney, advocate,
thought leader, author, and speaker
haleymoss.com

**REGISTRATION FOR 2022
COMING THIS SUMMER!**

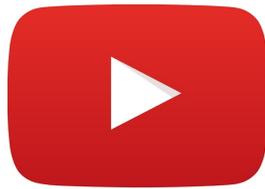
Hosted by:



The 7th Annual Autism Conference is intended for parents/caregivers, educators, healthcare professionals, young adults on the autism spectrum, self-advocates, and other interested individuals. Anna Shaw Children's Institute follows social distancing and CDC safety guidelines.

More information to follow. For questions, please contact Lindsey Coker at lcoker@hhcs.org

[For more information about Anna Shaw Children's Institute, please visit our website by clicking here.](#)



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<https://www.nationaldisabilityinstitute.org/press/march-is-developmental-disabilities-awareness-month/>

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