



# Patty's Points



Patty Nguyen, On-Site Representative  
(813) 794-2492  
(727) 774-2492  
(352) 524-2492  
Patricia.Nguyen@floridablue.com

June 3, 2020

June is safety month. Here's a previously posted Blog by Victoria Edwards of Florida Blue.

## Are You Keeping Your Children Safe?

Children at some point are going to scrape their knees, take a tumble and have accidents. It is all part of being a child. There are a few key things that parents can do to help children dodge serious injuries. It is important to remember that your child still needs to practice good safety habits and should be properly supervised during these summer months.

**SPORTS:** Signing your child up for sports team is a great summer activity. Consider allowing your child to join a sports team only if his or her interest is strong and you feel they can handle it.

**Physical Exams:** All children should have an annual complete physical exam by their primary care physician before participating in any sport. An annual wellness physical makes sure that he/she is in good health and can safely play the game.

**Proper Gear:** Ask their coaches about the proper gear your child needs to keep them safe such as helmets, knee pads, wrist guards, protective cups, mouth guards and eyewear.

**BIKE RIDING:** Bike riding provides a chance for you and your child to exercise and enjoy the outdoors.



Patty Nguyen, On-Site Representative  
(813) 794-2492  
(727) 774-2492  
(352) 524-2492  
Patricia.Nguyen@floridablue.com

### Here are some tips on bike safety:

- Make sure that a helmet is worn at all times.
- Ride on the sidewalk or the right side of the road.
- Teach children stop at all stop lights, stop signs, intersections and certain hand signals.
- Make sure your kids know to make eye contact with a driver.
- If biking at dusk or dawn, wear bright-colored clothing, have reflectors on your tires and clip lights to your bikes so that you are visible to motorists.

**WATER SAFETY:** Water safety is very important in Florida. The warm weather gives us a reason to cool off at the beach or pool. Teaching water safety is important because drowning is the leading cause of death for children.

- Never leave children unattended around any body of water – babies and toddlers can drown in just an inch of water.
- Provide 100% attention to your child at all times.
- If you are boating, each child is required to wear a Coast Guard-approved life vest.
- The life vest should have a snug fit when worn. Have the child make a “touchdown” signal, raising both hands straight up; if the vest hits at the chin or ears the vest is too big or the straps are not tight enough. Make it a priority to learn CPR. These helpful safety tips can protect your child/children for a lifetime. Beat the heat and remember to always wear sunscreen and keep hydrated when being active outdoors.

Sources: CDC.gov; AAP.org and ACPEDS.org