

Access **KIDS** Health

A Health and Safety Newsletter for Members of Child Health Plan *Plus*, offered by Colorado Access

School is OUT, but Summer Safety is IN

For lots of kids, summer usually means more outdoor fun like swimming, camping, playing tag or riding bikes. With the warmer weather and longer days, your kids may never want to come back inside! That means it's extra important to keep an eye on your children during this time.

Keep your kids summer healthy by making sure they do not get dehydrated. With all the outdoor-fun, kids can forget to drink liquids. Do simple things like keeping water bottles full and at your child's reach. Also make sure kids avoid being outside during the midday HEATWAVE. You can do crafts inside that your kids will love when it's too hot to play outside.

Being outside in the sun means more sunscreen is needed. Many parents forget that kid's skin is more sensitive to the sun. So, it's always a good idea to have kids wear a hat and put on a thick layer of sunscreen, even on a cloudy day. If possible, have your kids play in the shade.

Summer can be a fun and relaxing time for you and your family. Take time for smart summer safety!

Join your Kids and BEAT the HEAT

Don't let your kids have all the fun. You can join them too! Check out these fun summer activities to do with your kid(s).

1. Have a water balloon game at a park or in your yard.
2. Set up a picnic with family and friends at a nearby park. Make sure to bring healthy foods too, like sliced apples, grapes and carrots. Watch out for ants!
3. Gather up your neighbors and kids to play squirt-gun tag.
4. At night, sit outside of your home with flashlights and tell each other stories.
5. Do something simple, like play hopscotch or jump rope.

Don't forget to keep water and sunscreen lotion with you at all times.

HAVE QUESTIONS? NEED HELP? CALL US!

(303) 751-9021, toll free 1-888-214-1101 or TTY for the deaf or hard of hearing at 1-888-803-4494

Visit us on the Web at www.coaccess.com



Ask Dr. Berman

Dr. Berman is a Pediatrician and Sr. Medical Director at Colorado Access



Can bug repellent sprays harm my child?

Sincerely,
A Concerned Mom

Dear Concerned Mom,

Here's the BUZZ! Summertime is here and so are the bugs! During the summer, insects like mosquitoes, gnats and ticks commonly bite children. These little critters can make your child feel itchy, irritable and sometimes very sick. So, it's key to make sure they are protected from these tiny creepy-crawlies.

There are many types of insect (bug) repellents (sprays) out there that can harm your child, but there are also

many that are made just for kids. Before putting on the bug spray, make sure you read the label and look at the list of chemicals in it.

The American Academy of Pediatrics recommends that repellents should contain no more than 30% DEET when used on children. Insect repellents also are not recommended for children younger than 2 months.

You may also want to think about buying a plant-based bug spray because they are nontoxic. They work just as well as chemical-based bug sprays, except they don't last as long. So, reapply plant-based bug sprays every 2 hours. All repellents should not be sprayed directly onto

your child's face. Instead, spray a little on your hands first and then rub it on your child's face. Avoid the eyes and mouth. Finally, insect repellents should not be applied on cuts, wounds, or irritated skin.

Do You Have a Question for Dr. Berman?

If you have general health questions and want Dr. Berman to answer it in this newsletter, you can submit them online at:

www.coaccess.com/ask-dr-berman

Find a Doctor

To find a list of Colorado Access doctors near you, visit <https://providers.coaccess.com/ProviderSearch/>



Your CHP+ Newsletter

By April, Executive Director of CHP+ offered by Colorado Access

Happy summer everyone and welcome to the third issue of Access Kids Health.

With school out, your kids will have extra time on their hands - this means summer boredom.

Even though your kids will be playing, exploring, running and hanging with friends, they will still tell you "I'm bored" and "There's nothing to do". So be ready! Don't let this summer go to waste! Use this time to keep their minds

entertained and challenged by reading books and giving them puzzles to solve.

For printable online coloring books, jigsaw puzzles, brain games and much more, check out <http://www.thekidzpage.com/>

Summer time for your little ones can also mean eating unhealthy foods. Ice creams, popsicles, soda and other sugary foods can get in the way of your child's health, lifestyle and well-being.

Don't forget that you are in charge of buying the food. If you buy healthy and nutritious food, that is what everyone will eat!

Now that most kids are not in school, they won't be getting their school lunch and will want to munch on snacks. Their sleeping patterns might change because they'll want to sleep-in and then skip breakfast. If you notice any of these changes, help them practice FUN healthy habits!

Paw Prints



Summer Safety Crossword Puzzle



Your Clues!

Across

1. The hottest season
2. Another word for sunblock
3. Drink LOTS and LOTS of w_____
5. The Colorado Access super cool mascot; he's furry, orange and black.

Down

1. This protects your eyes from the sun
2. FUN in the S_____
4. Another word for insects

Across
1. Summer 2. Sunscreen 3. Water 5. Safe T. Tiger

Down
1. Sunglasses 2. Sun 4. Bugs

Answers:

What?!

A Random Fact for Adults

If you count the number of cricket chirps in 15 seconds and add 37, that will tell you what the temperature is.



"Like" the Safe T. Tiger page at <http://www.facebook.com/SafeTTiger>



Call Safe T. Tiger to hear a monthly safety tip at 1-888-TIGER-10

Can you help Safe T. Tiger spot them all?
This newsletter is filled with bugs!



Hey! It's Safe T. Tiger

Safe T. Tiger is the Colorado Access health and safety mascot. He loves to have fun while teaching boys and girls around Colorado how to stay safe and healthy.