



# Wings

A Weekly Newsletter for Families

June: Week 1  
**Nutrition**

“Pull up a chair. Take a taste. Come join us. Life is so endlessly delicious.” – Ruth Reichl

## Eat to Beat the Heat

When it's hot outside, adjust your family's diet and eating habits to keep them hydrated and prevent things like heat illness.

- Tasty, vitamin-packed fruits and veggies help keep your family hydrated and prevent heat-related illness.

Watermelon, citrus fruit, apples, berries and cucumber have high water and fiber content.

- Avoid electrolyte replacement drinks like Gatorade. Instead, add fresh orange, lemon, cucumber slices, mint, crushed berries or kiwi to cold water for a healthy, refreshing drink.
- Eat light, fresh meals instead of big, heavy ones.
- Avoid fried foods, red meat and salads with mayonnaise



## •• INFANT Inspiration

Don't Let Your Baby Get Overheated

- Dress them in loose-fitting, lightweight clothes of natural fiber like cotton
- Never leave your baby in a hot room or a parked car
- Use a lightweight nylon carrier
- Keep your baby hydrated. Replace lost liquids with extra formula or more frequent nursing.
- Stay inside during the hottest part of the day

## •• TODDLER Tales

Prevent Drowning –

Drownings are the leading cause of injury for children ages 1 to 4, and three children die every day due to drowning. To keep your toddlers safe:

- Always supervise kids when they're in or around water
- Teach kids to tread water, float and swim
- Learn CPR and, if possible, basic water rescue skills
- Empty all tubs, buckets, containers and wading pools immediately after use. Store them upside down and out of children's reach.
- Learn to spot the signs of drowning – most of them are silent (<http://www.medicalnewstoday.com/articles/196538.php>)

## •• PRESCHOOL Power

Water Survival Skills – Children who are around water should know these five skills:

- Step or jump into water over their heads and return to the surface
- Float or tread water for one minute
- Turn around in a full circle and find an exit
- Swim 25 yards to exit the water
- Exit the water – in a pool, be able to exit without using the ladder

