



Volume 7, Issue 1 SUMMER

We will be playing in the sprinklers outside.

Please send a swim suit, towel and sunscreen to school with your child.

Be sure to label everything.

Also, please make sure that they have a complete set of extra clothes.

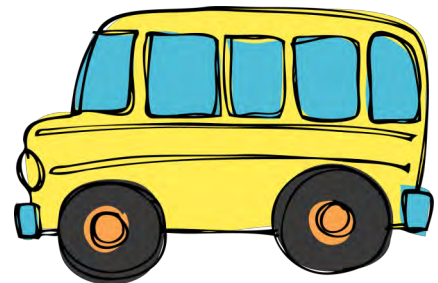


Summer Fun @ Poko

**JUNE 30TH- WATER SLIDE,
4TH OF JULY CELEBRATION**

**JULY 14TH- OUTDOOR FOAM
PARTY!**

**AUGUST 1ST-ANIMAL QUEST
ANIMAL ENCOUNTER**



Bussing For Fall-

Please be sure to inform us ASAP of your fall bussing needs. We provide transportation for

Kindergarten thru 5th Grade going to Field, Twain or Tarkington Schools.

We can only accommodate a certain limit of passengers on our buses.

Spaces are limited- make sure you have your spot on the bus!

Choosing an Insect Repellent for Your Child

Mosquitoes, biting flies, and tick bites can make children miserable. While most children have only mild reactions to insect bites, some children can become very sick.

ONE WAY TO PROTECT YOUR CHILD FROM BITING INSECTS IS TO USE INSECT REPELLENTS. HOWEVER, IT'S IMPORTANT THAT INSECT REPELLENTS ARE USED SAFELY AND CORRECTLY.

TYPES OF REPELLENTS

Insect repellents come in many forms, including aerosols, sprays, liquids, creams, and sticks. Some are made from chemicals and some have natural ingredients. Insect repellents prevent bites from biting insects but not stinging insects. Biting insects include mosquitoes, ticks, fleas, chiggers, and biting flies. Stinging insects include bees, hornets, and wasps.

ABOUT DEET

DEET is a chemical used in insect repellents. The amount of DEET in insect repellents varies from product to product, so it's important to read the label of any product you use. The amount of DEET may range from less than 10% to more than 30%. DEET greater than 30% doesn't offer any additional protection.

Studies show that products with higher amounts of DEET protect people longer. For example, products with amounts around 10% may repel pests for about 2 hours, while products with amounts of about 24% last an average of 5 hours. But studies also show that products with amounts of DEET greater than 30% don't offer any extra protection.

The AAP 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.

TIPS FOR USING REPELLENTS SAFELY

Dos:

- Read the label and follow all directions and precautions.
- Only apply insect repellents on the outside of your child's clothing and on exposed skin. Note: Permethrin-containing products should not be applied to skin.
- Spray repellents in open areas to avoid breathing them in.
- Use just enough repellent to cover your child's clothing and exposed skin. Using more doesn't make the repellent more effective. Avoid reapplying unless needed.
- Help apply insect repellent on young children. Supervise older children when using these products.
- Wash your children's skin with soap and water to remove any repellent when they return indoors, and wash their clothing before they wear it again.

Dont's:

- Never apply insect repellent to children younger than 2 months.
- Never spray insect repellent 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.
- Do not spray insect repellent on cuts, wounds, or irritated skin.
- Do not use products that combine DEET with sunscreen. The DEET may make the sun protection factor (SPF) less effective. These products can overexpose your child to DEET because the [sunscreen](#) needs to be reapplied often.

REACTIONS TO INSECT REPELLENTS

If you suspect that your child is having a reaction, such as a rash, to an insect repellent, stop using the product and wash your child's skin with soap and water. Then call [Poison Help](#) at 1-800-222-1222 or your child's doctor for help. If you go to your child's doctor's office, take the repellent container with you.





Headed back to the Pool this Summer?

Always Pool Safely!

Safety Tips to Prevent Drownings:



Always watch kids in and around the water-- and designate a water watcher.



Teach children to swim-- or sign them up for swim classes.



Properly fence all pools at least 4-feet in height around the perimeter of the pool/spa.



Use a self-closing and self-latching gate.



Stay away from drains and other pool openings.



Know life-saving skills, including CPR for adults and kids.



United States
Consumer Product Safety Commission



PoolSafety.gov
PoolSafety



Fun Around Poko!

