

Be Active, Be Safe

Encourage safe, fun play for your legendary kids!

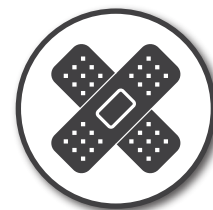


ACTIVE ADVENTURES
BE FIT TOGETHER

HEALTH BREAK

SAFE BODIES

- Gear up like a pro with helmets, shin guards, or mouth guards to protect your body
- Stay hydrated with lots of water before, during, and after playing.
- Don't forget to get your muscles warmed up before starting your sport and stretch gently afterwards.
- If you do get hurt, don't be a hero! Get proper treatment before jumping back into action.



SAFE SKILLS

Let's help our little ones become playground legends by promoting safe and fun physical activity!

- It's all about mixing things up with age-appropriate sports, modified to suit their superpowers.
- Remember the basics: climbing, balancing, and catching.
- Grown-ups can play superhero too, setting safe rules and boundaries for activities and games. Think of it as a secret mission where "Never swim alone!" and "Always wear a helmet!" are your trusty sidekicks.

SAFE ENVIRONMENT

When it comes to kids, safety always comes first! Here are some tips to create a safe and fun environment:

- Sun is fun, but too much can cause damage! Ensure kids wear sunscreen, hats, sunglasses, and other sun-protective gear to protect their skin.
- Make sure play areas are free of dangers like broken equipment, uneven surfaces, or hazardous waste.
- Water can be a lot of fun, but it can also be dangerous. Keep a watchful eye on kids when they're around any body of water.
- Dress for success! Make sure your family wears clothes that will keep them comfortable and safe in any environment.



SOURCES / ADDITIONAL READING



CDC - *Outdoor Play and Safety for Children in ECE*

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