



Summer Safety

GUIDANCE AND RESOURCES



MASSACHUSETTS
**Department of
Early Education and Care**

This document compiles guidance and resources from trusted partners to help early educators and providers keep children safe during the summer months. While these materials are intended for informational purposes and do not constitute medical advice, they offer practical recommendations and best practices to support safe, healthy summer experiences for children.

OUTDOOR PLAY SAFETY	
Public Playground Safety Handbook <i>Source: U.S. Consumer Product Safety Commission (CPSC)</i>	Handbook for assessing playground safety.
Tips and Infographics <i>Source: National Program for Play Area Safety</i>	Provides information on how to evaluate the safety of a playground and how to stay cool while playing.
Summer Safety Tips <i>Source: Head Start National Center on Health, Behavioral Health, and Safety</i>	Covers weather, sun protection, hydration, water safety, playground safety, insect repellent, and helmets.
Playground Safety Tips for Early Childhood Programs <i>Source: Head Start</i>	Video with playground safety tips for early childhood programs.

SUN SAFETY	
Sun Safety: Information for Parents About Sunburn & Sunscreen <i>Source: HealthyChildren.org</i>	Appropriate sun care for children of all ages, including how to choose protective clothing and different types/SPF levels of sunscreen.
Summer Sun, Heat & Air Quality – Tips to Keep Kids Safe <i>Source: HealthyChildren.org</i>	Touches on many different topics related to staying in the heat, poor air quality, and pollution.
The UV Index <i>Source: United States Environmental Protection Agency</i>	Information about the UV Index, including how to monitor it using websites and mobile apps.
Protect Your Skin on “Don’t Fry Day” <i>Source: United States Environmental Protection Agency</i>	Printable poster with guidance on sun protection.

EEC REMINDER: Only parental consent is required for programs to apply sunscreen to children. A physician’s approval is **NOT** needed. For more information, refer to the [EEC Family, Group, and School Age Child Care Regulations](#) on administering medications. See the Medication Administration Regulations chart on page 42.

HEAT SAFETY

Extreme Heat Best Practices for Operators of Recreational Camps for Children <i>Source: Massachusetts Department of Public Health and Bureau of Climate and Environmental Health</i>	Tips for preventing and treating heat-related illness, how to recognize symptoms and understand when to seek medical attention. Learn about populations that may be more vulnerable to unhealthy heat, and how to keep people safe in the heat at a beach or pool.
What Should I Do During an Extreme Heat Event? <i>Source: Centers for Disease Control and Prevention and United States Environmental Protection Agency</i>	Easy-to-follow “Dos and Don’ts” guidelines during an extreme heat event.
Massachusetts Unhealthy Heat Forecast <i>Source: Massachusetts Department of Public Health and Bureau of Climate and Environmental Health</i>	Provides daily updates and alerts for unhealthy heat and extreme heat events.
Healthy Hydration Campaign Toolkit <i>Source: American Academy of Pediatrics</i>	#ChooseWater posters and social media graphics available in English and Spanish. Also provides short informational videos and articles on how to introduce water to children.
Recommended Drinks for Children Age 5 & Younger <i>Source: HealthyChildren.org</i>	Establishes water and plain milk as the best choice beverages for young children and provides additional information about the effects of different drinks on the health of children.

TICK & ENVIRONMENTAL EXPOSURE PREVENTION

Ticks Can Make you Sick <i>Source: Massachusetts Department of Public Health</i>	Printable poster with simple reminders — use bug spray and check your body for ticks after going outside.
How to do a Tick Check <i>Source: Massachusetts Department of Public Health</i>	Shows key spots on the body where ticks might be found, and how to identify common types of ticks.
Preventing Lyme Disease in Children <i>Source: Centers for Disease Control and Prevention</i>	3-minute video featuring a CDC pediatrician sharing steps that can be taken to help prevent tick bites and Lyme disease.
MassAir Online <i>Source: Massachusetts Department of Environmental Protection</i>	Provides daily measures of air quality across the Commonwealth, with information about health implications.
Air Quality <i>Source: Child Care Aware® of America</i>	Provides an overview of the health risks of air pollution in children, and information on assessing indoor and outdoor air quality.

WATER SAFETY

What You Can Do to Stay Healthy at Splash Pads <i>Source: Centers for Disease Control and Prevention</i>	“Dos and Don’ts” to prevent waterborne illness from splash pads.
Make a Healthy Splash <i>Source: Centers for Disease Control and Prevention</i>	CDC Fact Sheet with simple tips for staying healthy during and after playing at the splash pad. (Also in Spanish)
Drowning Prevention for Curious Toddlers: What Parents Need to Know <i>Source: HealthyChildren.org</i>	Supervision tips to keep toddlers safe at water play venues.
Autism, Wandering, and Water Safety: Information for Caregivers <i>Source: Massachusetts Department of Developmental Services</i>	Water safety tips for children with Autism Spectrum Disorder (ASD).
Beach Safety for Families: How to Keep Kids Safe in the Sun, Sand & Surf <i>Source: HealthyChildren.org</i>	Simple tips and considerations for ensuring safety at the beach

INJURY PREVENTION

Choking Hazards <i>Source: Centers for Disease Control and Prevention</i>	Lists common choking hazards and offers prevention tips to ensure safe eating environments for infants and toddlers.
Non-Fatal Burn Injuries in U.S. Infants, Children, and Adolescents <i>Source: Children’s Safety Network</i>	Statistics of non-fatal burn injuries to children by type, body area, and consumer products. Also provides prevention tips.

ENVIRONMENTAL SAFETY	
Radon in Schools and Child Care Programs <i>Source: Massachusetts Department of Public Health</i>	What radon is, the dangers it poses, and how to find out if a building has radon.
Property Questionnaire <i>Source: Massachusetts Department of Public Health</i>	Complete a property questionnaire to request an environmental check of your new or existing child care program's location.
Videos and training for the "Choose Safe Places" program <i>Source: Massachusetts Department of Public Health</i>	Learn how to choose a location for a child care program that is safe from environmental hazards, and how the Department of Public Health can help.
Choose Safe Places: A Resource for Early Childhood Educators <i>Source: Massachusetts Department of Public Health</i>	A guide for choosing the right location for a child care program that protects children's health and helps the business succeed.
Protecting Children from High Levels of Lead in Soil <i>Source: Massachusetts Department of Public Health</i>	Guidance on reducing children's exposure to lead-contaminated soil through safe outdoor play practices, proper hygiene, landscaping strategies, and other preventive measures to help keep children healthy. (Available in multiple languages)
Lead in Drinking Water <i>Source: Massachusetts Department of Public Health</i>	This fact sheet addresses common questions about lead and health.
Lead in Drinking Water for Schools and Child Care Facilities <i>Source: Massachusetts Department of Public Health</i>	This fact sheet provides information on lead and health, how lead may get into the drinking water at your school or childcare facility, and how children, teachers, and staff can avoid exposure.