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Outdoor Safety Lesson Objective

Time: 80 minute lesson

New York State Parenting Standard: **Standard 1: Roles and Responsibilities; Standard 2: Growth and Development;**

Aim: For students to understand the importance of child safety when taking a child outdoors.

Objectives: Students Will:

- 1. Discuss safety concerns in outdoor play including sun exposure, water safety, safety in crowds, concerns and prevention of bug bites as well as the importance of keeping a child hydrated.**

Materials Needed:

Lesson outline, visual props of outdoor play safety items to enhance your lesson if desired.

Outdoor Safety with Young Children

Lesson Outline

- I. What are some safety concerns with children's outdoors play? – Brainstorm
 - A. Too much sun exposure can lead to: immediate sunburn/sun-poisoning or future melanoma and/or eye problems.
 - 1. How to prevent.
 - a. Use at least SPF 30 (waterproof if child will be around water) sun screen, and reapply every 2 hours. Use at least one ounce of lotion to cover child completely.
 - b. Have child wear clothing that covers their skin well. Including a hat that will shade their face from the sun.
 - c. Have child wear Ultraviolet protective sunglasses whenever they are playing outside.
 - B. Water Safety – 9 out of 10 Children are under some type of supervision when they drown.
 - 1.. Be aware of any shallow water (wading pools, water tables, small buckets, etc.) which can pose a danger to young children. It takes very little water for a child to drown.
 - 2. Empty any water from freestanding containers, pools etc. when child is not being completely (100% attention) supervised by an adult.
 - 3. Larger bodies of Water – Pools, Lake, Ocean, etc.
 - a. When swimming somewhere never swim without a lifeguard on duty or at least another person certified in water safety and CPR- First-aid.
 - b. It is also a good idea to have a phone with you to call for help in case of an emergency. Note this phone should not be used to socialize when the children are in or near the water you would not be giving the children 100% of your attention.
 - 4. In a thunderstorm leave the water immediately
 - Bodies of water are good conductors of electricity.
 - C. Safety in a Crowd – During the summer you may take a child to a crowded place
 - 1. Have students identify some of these places.
 - 2. Have students identify some of the safety concerns with each place and what they can do to prevent accidents/unsafe situations.
 - a. Getting separated from caregiver – Always have a plan ahead of time with the child as to what you will do if you get separated.
 - If you are the child's parent have them call you by your first name instead of mom or dad – it saves on confusion.
 - Have child wear whistle or noise-maker so they can get your attention if you are separated.
 - Have a location you will meet if you become separated.
 - Make sure child knows their address and to look for a police officer or another mother with her children.
 - Dress the child in bright clothing so it is easy to identify them quickly in a crowd. Hint if you have more than one child dress them the same again to make them more identifiable.
 - b. Strangers - make sure children know:

- Never to talk to strangers if you are not with them.
- If a stranger talks to you find your caregiver and/or adult helper.
- If a stranger tries to take you, no matter what they say kick and scream “You are not my Mommy/Daddy” as hard and as loud as you can until they let you go! *Most strangers are not dangerous, but make sure you are always close to a young child in your care.

IV. Fight the Bight – With the threat of the West Nile Virus and Lyme disease it is very important to protect children from ticks and other biting bugs that spread disease.

A. Prevention

1. Have children wear clothing that covers their arms and legs well (especially at dusk and on moist or humid days)
2. Have children wear bug repellent – many parents are concerned with the safety of bug repellents that contain Deet, but there are many natural and safe bug repellents.
3. Do not leave water standing and uncovered, in containers, buckets, pools, etc. this attracts bugs. – Empty or cover anything that collects water after it rains.

V. Keep Children Hydrated

A. When heading outside –even if it is just to the back yard- bring cool drinks for the child.

1. Remind children to drink even if they don’t ask – when children get deep into play they can forget that they are thirsty.

B. Dehydration warning signs

1. Dark urine or not being able to pee at all.
2. Complaints of headaches or dizziness.
3. Lack of sweat (or not as much as usual)

VI. First Aid Kit – it is important to always have a small first-aid kit near by. Refer back to “Making a First Aid Kit in Safety and Accident Prevention” lesson.