

# Parent Talk

\*\*formerly known as the Weekly Chatter

## Summer camp prep & staying safe

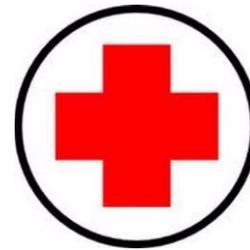
Summer camp can be a great way to give kids time to unplug from electronics and tune into nature.

With so many youths coming together to enjoy summer vacation, **some** (1) say camp helps kids and teens to develop empathy and learn how to cooperate with others.



Prior to choosing a camp, discuss with camp staff to **find out how the camp handles medical emergencies, how meals are handled, and how physically active children will be.**

If your child has special medical needs, **have a meeting** with whoever is in charge of medical care at the camp, your child, and his or her camp counselor.

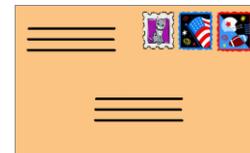


*Let them know your child's medical situation and how your child's medical routine should be handled.*



Remind them of the importance of applying **sunscreen** (2) and **bug repellent** (3) and wearing **proper safety gear** such as life jackets & helmets when appropriate.

If cell phones or other ways of communication will not be readily available to your child while at camp, **pack self-addressed envelopes in their luggage so they'll be able to write home.**



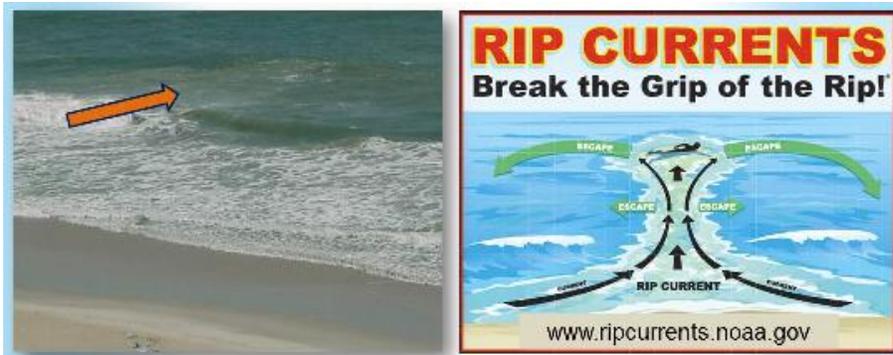
For more information

- [How to Choose a Camp: Preparing For Camp](#) (4)
- [Preparing for Camp: Tips for Campers \(and Parents!\)](#) (5)
- [Summer Camp Prep for Kids With Allergies, Asthma](#) (6)

## Rip current awareness

Rip currents are powerful, narrow channels of fast-moving water.

They are prevalent along the East, Gulf, and West coasts of the U.S., as well as along the shores of the Great Lakes.



Rip currents account for 80% of beach rescues and kill about 100 people in the US each year.

### If you find yourself caught in a rip current...

- Don't fight the current! It can travel faster than an Olympic swimmer and you will only tire yourself out.
- RELAX and FLOAT to save energy. Despite what it may feel like, the rip current is not going to pull you underwater.
- IF you are a strong swimmer, swim parallel to the beach until you escape the current's pull, then swim diagonally to shore away from the current..
- IF you are not able to escape the rip current on your own, face the shore and call or wave for help.

For more information

- [Rip Current Safety for Kids](#) (7) (short video)
- [Rip Current Awareness Week: Staying Safe at the Beach](#) (8) (infographics)

## Love, Limits & Latitude

#WeeklyBlogPost

By choosing to reason with their children, parents **help children learn skills like helping, negotiating, sharing, and comforting others.**

Not only will children be more accepted by their peers, but they will also be more likely to think about how their actions will impact others.



***For more information on implementing limits and latitudes with love,***

**[CLICK HERE](#) (9)  
and **please, leave a comment!****

***We love to hear from our readers and hope to receive your  
feedback!***

Check [ACPeds.org/Blog](#) each Monday for a new post. Click [here](#) (10) to  
subscribe.



*Don't hesitate to contact us with your questions and comments. We look forward to  
hearing from you.*

Dear Member,

Each Parent Talk that you receive is stored on the ACPeds website at this  
address: <https://www.acped.org/parent-talk>

**We invite and encourage you to share the links to these Parent Talks** on your  
practice website, on your social media pages, or in your patient newsletters for the  
benefit of patients & families. Pick and choose from the list of topics or post them all!

***Thank you for helping us share information that serves the Best for Children.***

Stay Connected



American College of Pediatricians, P.O. Box 357190, Gainesville, FL 32635

- 1 <http://www.chla.org/blog/rn-remedies/why-summer-camp-healthy-your-child>
- 2 <http://kidshealth.org/en/parents/sunscreen.html>
- 3 <https://www.healthychildren.org/English/safety-prevention/at-play/Pages/Insect-Repellents.aspx>
- 4 <https://www.acacamps.org/press-room/how-to-choose-camp/preparing-for-camp>
- 5 <https://www.acacamps.org/campers-families/parent-blog/preparing-camp-tips-campers-parents>
- 6 [https://medlineplus.gov/news/fullstory\\_165061.html](https://medlineplus.gov/news/fullstory_165061.html)
- 7 <https://oceanoday.noaa.gov/ripcurrentsafety/>
- 8 <http://www.weather.gov/chs/ripcurrentawarenessweek>
- 9 <https://www.acped.org/love-limits-and-latitude-authoritative-parenting-pt-2>
- 10 <http://acped.org/subscribe>