

KIDS SAFETY SPRING CHECKLIST



CAR SEATS

- Check seat size and installation. Visit American Academy of Pediatrics website for updated guidelines and tips.
- Discard expired car seats.

POOL/WATER

- Make sure life jackets fit and float.
- Check and repair pool gates.
- Register kids for swim lessons.
- Take a CPR class.

SUN

- Check sunscreen expiration dates.
- Use SPF 50 for infants and toddlers and SPF 15+ for older kids.
- Keep hats and sunglasses on hand.

HELMETS

- Check and adjust fit.
- Replace helmets involved in accidents.

SPORTS PADS

- Make sure kids have required and recommended safety gear for their sports.
- Check fit.
- Replace damaged equipment.

HYDRATION

- Get kids easy-to-carry water bottles.
- Make sure kids drink enough water.
- Give kids more water if exercising or playing, especially in hot weather - 1/2 to 2 cups every 15-20 minutes.

Age Range (years)	Gender	Total Water (Cups/Day)
4 - 8	Girls and Boys	5
9 - 13	Girls	7
	Boys	8
14 - 18	Girls	8
	Boys	11

Shine 365

 Marshfield Clinic