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PSN Family Resource Center NEWSLETTER

Important Water Safety Tips That All Families Should Know

Keep your kids safe this summer in and around the water

With the weather getting hotter, kids are heading outside and swimming in nearby lakes and pools. Drowning incidents are very common during the summer months, so now is a good time to brush up on these

What's Inside:

Diaper Distribution

Triple P Seminar

Fireworks Safety

Summer Bucket List

- **Insist on adult supervision**

- Swim in areas with lifeguards.
- Always provide close and constant attention to children you are supervising in or near water.
- Stay within arm's reach of young children and inexperienced swimmers.
- Watch all children and teens swimming or .

Insist on adult supervision

- Swim in areas with lifeguards.
- Always provide close and constant attention to children you are supervising in or near water.
- Stay within arm's reach of young children and inexperienced swimmers.
- Watch all children and teens swimming or playing in or near water, even if they know how to swim.
- Designate a water watcher when you are in or around water. Never use alcohol or other drugs during water and boating activities or while watching children around the water.
- Always swim with others.
- Set water safety rules.

Wear a life jacket

Even if you or your child knows how to swim, children, teens and adults should always wear a life jacket:

- When on a boat, raft or inner tube
- When swimming in open water like a lake, river or the ocean

- When playing in or near the water and on docks (for young children)
- Check each life jacket to make sure it is U.S. Coast Guard approved.

Learn swimming and water survival skills

- If you don't know how to swim well, find someone to teach you. Learn to float and to tread water for at least 10 minutes.
- Make sure your child learns to swim. Upgrade their swimming skills each year.
- Check about lessons at your local pool or life-guarded beach.
- Know the weather and water conditions
- Always enter shallow and unknown water feet first.
- Watch for uneven surfaces, river currents, ocean undertow and changing weather.
- Make sure your child learns to swim. Upgrade their swimming skills each year.
- Check about lessons at your local pool or life-guarded beach.

Know the weather and water conditions

- Always enter shallow and unknown water feet first.
- Watch for uneven surfaces, river currents, ocean undertow and changing weather.
- Be aware that cold water can kill, even on hot summer days. Stay close to shore and rest if you are cold or tired.
- Obey all safety signs and warning flags.



8600 Sheridan Road
Entrance B
Kenosha, WI 53143
262-697-4651

<https://www.parentmap.com/article/5-important-water-safety-tips-all-families-should-know>



FREE diaper distribution!

No registration necessary.

Diapers are first come-first served with limited supplies.

Sizes newborn, 2, 3, 4, 5, 6 & pull ups.

Kenosha County Job Center
8600 Sheridan Road
Drive up to Entrance B

Contact Alison at 262-605-6545 or
alison.haas@kenoshacounty.org for
more information.

TRIPLE P—POSITIVE PARENTING PROGRAM

Triple P – Positive Parenting Program knows all parents have different needs. That's why Triple P has many different ways to get your parenting help so you can choose what will best suit you and your family.

Triple P Seminar

The Triple P—Positive Parenting Program knows that all parents have different needs. Triple P has a variety of levels that can suit your family best.

Triple P can help you: encourage positive behavior, deal with problem behavior, become confident as a parent, learn parenting skills and taking care of yourself.

- July 12, 2022 Coping with Stress
- July 19, 2022 Balancing Work and Family
- July 26, 2022 Supporting Your Partner—NEW TOPIC**

Session will run from **10:00AM—Noon**

Registration is required: <https://us06web.zoom.us/meeting/register/tZwtd-ivpz4jG9UD4QArQ4I225sLYlyxZMIC>

Check out our facebook page for more information: facebook.com/preventionservicesnetwork/

Are you a parent or guardian looking for parenting classes or one-on-one parenting support? Triple P has a variety of levels to suit your family's needs. Contact Alison at 262-605-6545 or alison.haas@kenoshacounty.org to find out about upcoming sessions.



CHILD ABUSE & NEGLECT

Prevention Board



4th of July Fireworks Safety: Tips for Families

On any other day of the year, would you hand your child matches or a flaming candle to play with? Probably, a hard no.

You work so hard all year long to keep your child safe.... **Don't let the 4th of July mess with your common sense.**

Lighting fireworks in the backyard or nearby field might seem like a festive way to entertain the kids. However, thousands of people, most of them children, teens and young adults, are injured each year while using fireworks. Most of these injuries happen in the month around the 4th of July. This year, help keep the holiday fun and safe by leaving any fireworks to trained professionals.



Common injuries from fireworks

About 11,500 people were treated in hospital emergency departments for fireworks injuries in 2021, according to the Consumer Product Safety Commission, and at least 9 of them died. Children under 15 years old accounted for 29% of these injuries. Among parts of the body most often burned or wounded were hands and fingers (31%), head, face, and ears (21%) and eyes (14%).

Safer ways to celebrate

View from a safe distance. Professional fireworks shows are going to be more spectacular, and safer, than backyard fireworks. Enjoy them at a safe distance, at least 500 feet away from the fireworks launch site. This will help protect your child's hearing. Fireworks and firecrackers can be as loud as 150 decibels—a lot louder than what's considered a safe listening level (75–80 decibels). At close distance, even one loud burst is enough to cause some permanent hearing damage.

Also keep in mind that if you find any unexploded or "dud" fireworks that fell to the ground, they may still go off. Keep your distance and call your local fire or police department right away.

If public fireworks displays are cancelled in your area because of dry conditions and the risk of wildfires, consider viewing a laser or drone light show that some communities offer instead.

Wave a flag (or glow stick) instead of a sparkler. Sparklers may seem relatively harmless, as fireworks go. But according to the CPSC, nearly half of fireworks injuries to children under age 5 are related to sparklers. Surprising? Consider this:

- Sparklers burn at an extremely high heat: 2,000 degrees Fahrenheit—hot enough to melt some metals.
- Sparks can ignite clothing on fire and cause eye injuries.
- Touching a lit sparkler to skin can result in third degree burns.

There were about 900 emergency department-treated injuries associated with sparklers in 2020. Roughly 1,600 more injuries were related to firecrackers, 600 to Roman candles and 600 more to bottle rockets and other rockets.

Remember

Even if fireworks are legal to purchase and use in your community, they are not safe around children. Talk with your pediatrician if you have any questions about safely enjoying fireworks displays.

PSN Family Resource Center

The mission of the PSN Family Resource Center is to provide programs and services that build on family strengths through prevention, education, support and networking in collaboration with other resources in the community.



Meet Our Staff

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www.PSNFamilyResourceCenter.com.

