

Protecting your Child against the Summer Heat

Di summer days dem HAT, worse di night dem, and while there is nothing a yuh can do to change di temperature, there are various steps yuh can take to protect di children dem from heat- related problems,

such as heat rash and even deaths. The fragility of children makes them very susceptible to heatstrokes, and so every effort should be made to keep them cool this summer. Yuh can do so by:

1 Allowing them to wear little clothing at home. If they have to be fully dressed, make sure it is in clothes made from cotton. Also make sure their attire is not too clingy.

2 Increase their fluid intake to keep them cool within. If possible get them their own water bottle that is accessible so that they can have some water whenever they are thirsty. Also stock up on fruit juices so they will always have something to drink.

3 If they have heat rash, allow them to sleep with a fan on or turn on the air conditioning or else they will be bothered and cry often. Heat rash is caused by excessive exposure to heat so try not to have them outdoors too often.

4 Schedule outdoor time carefully. If you have to take your child outdoors, try to do so in the early mornings or in the evenings when it's not so hot. If you must take them out in the afternoons, have them wear a wide-brim hat with sunglasses to protect their faces from the heat.

5 Under no circumstances should you leave your child in a car alone, and especially now when the time is hot. Children who are left unattended in parked cars are at greater risk of having heatstrokes and even death. So it's important that you check your car whenever you have reached your destination. Sometimes small children who are sleeping in the back seat are overlooked.

6 Avoid giving them hot foods and heavy meals. This adds to their body heat.