

Kohl's Healthy Kids

A monthly positive parenting column from the experts at Children's Health Education Center. Made possible by Kohl's Department Stores.

Safe camping tips for your family

Camping can be an exhilarating and inexpensive summer experience for your family, but don't let the trip turn into a disaster by forgetting safety.

Outdoor safety

- Bring first aid supplies and emergency telephone numbers.
- Know the location of the nearest telephone or ranger station in case of an emergency.
- Dress children in several layers of clothing. They become cold or warm more quickly than adults.
- Prepare for weather. Check the forecast before you leave and pack flashlights, extra food, warm clothes and rain gear.

"Parents should review safety guidelines for water, falls, outdoor recreation, fire and bad weather with their children."

Lisa Klindt Simpson,
Safe Kids
Southeast Wisconsin
coordinator

- Tell others where you are camping and when you will return.
- Never let children hike alone.

Campfire safety

- Follow park rules about campfires, and do not light fires in windy or excessively dry conditions.
- Keep a bucket of water and a shovel near the fire at all times

and be sure to extinguish the fire completely before going to sleep or leaving the site.

- Supervise children around fires or portable stoves, and keep matches and lighters out of their reach.
- Never use matches, lighters, candles or any device powered by kerosene, propane or other heating fuel inside a tent or camper.

Poison prevention

- Teach children to stay away from all plants, wild berries and mushrooms. Stay away from plants that are unknown to you.
- Keep first aid supplies accessible at all times, even on short hikes.
- If you suspect your child has come in

contact with a poisonous substance, call Wisconsin Poison Center immediately at 1-800-222-1222.

Bites and stings

- Apply insect repellent to a child's clothing – sparingly to exposed skin. Always have an adult apply repellent to the child.
- Avoid using scented products, such as shampoos and perfumes, which attract insects.
- Teach children to watch out for animals in the woods and never to touch or disturb them.

For more information, visit www.BlueKids.org.
Comments can be directed to CHEC at (866) 228-5670 or chec@chw.org.



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