

Summer '09

# SHIELD NOTES



## Summertime Safety

Summer is when families enjoy outdoor activities like biking, boating, swimming and tossing frisbees. As you prepare for fun in the sun, here are a few safe tips to keep in mind:

- Use “what if” scenarios and practice family safety plans for outings to malls or parks so that children know to keep in your eyesight, check before they go anywhere, or what to do in case you get separated.
- Apply a generous layer of sunscreen on your children about 30 minutes before they go outside. Reapply every 2 hours.
- Hold insect repellent 6 to 8 inches away and apply to your children’s exposed skin and clothing — avoid skin under clothing, the mouth, eyes, hands and open cuts or irritations.
- Teach children not to swallow water when swimming and don’t allow them to go into pools if they have contagious diseases or open wounds.
- Outfit children with well fitting protective gear such as helmets and pads when they ride a bicycle, skateboard or scooter.
- Before dropping kids at sleepovers, have a clear understanding about how closely they will be supervised. Tell them you will pick them up whenever they want to come home; you might want to establish a special code to use when they call you —a stomachache, for example—to signal that they have had enough of the stay.



Shield Notes is published approximately four times annually; please contact Project Shield to be added to the distribution list.

Project Shield works in partnership with the community to build safe, healthy Jewish relationships and families by heightening awareness and providing education about child molestation.

For more information please contact:  
Rachel Zimmerman, Project Coordinator  
847 568 5209

Helpline  
312 656 3669

ProjectShield@jcfs.org



## Tool Box: Two For One

The long, bright days of summer offer the chance to tackle two essential parts of life—exercising and communicating—all at one time!

1. Block out two or three weekly 30-60 minutes time slots (after dinner, early morning, late afternoon, weekend, etc.).
2. Invite a family member (or alternate with different children) to join you for a bike ride, walk, run, or whatever physical activity you are both comfortable doing.
3. Make the agreed upon time slot sacred; don’t cancel your exercise activity because it was a busy day or you feel tired.
4. Exercise while you talk or be silent together. The important thing is that you are providing an opportunity for communication.

## Reflective Listening



In today’s busy world, our brains often overflow with the multitude of activities that make up our lives. The result may be that we only half-listen to our children when they are trying to have a conversation with us. Reflective listening is a useful technique that can help to close those communication gaps. A reflective response allows you to convey your perceptions of what you are hearing your children say and reflect on why they are choosing their behavior. When your children share a story, offer thoughtful comments such as, “Let me see if I understand,” “As I hear it, you are saying . . .,” “This is what I think I hear you saying.” These kinds of reactions allow you to build a positive and empathetic rapport which will help to ensure that your children continue to come to you with all that needs to be heard.