



# NC SEEDLING



Study to  
Explore  
Early  
Development

North Carolina  
**SEED**

**UNC-CH, Department  
of Epidemiology**

**Summer 2018**

[www.NCSEED.org](http://www.NCSEED.org)

## NOTES

- SEED 3 has enrolled 640 families across all sites
- NC SEED has enrolled 126 families. Thank you for your participation!

## Water Safety

Summer is here! For a lot of us, that means it is time for pool parties and beach trips.

Summer is a great time for making memories while splashing in the water, but water play can be dangerous for toddlers and preschoolers. Here are some helpful tips to keep your child safe.

Provide constant supervision when they are playing in or near water. An adult should stay in the water with them at all times, within touching distance, without distractions (including

your phone). Do not rely on floaties, inflatable toys, or pool noodles to keep your child safe. It is recommended that all children ages 4 and older take swimming lessons. Whether your child can swim or not, always keep your eyes on your child.

Teach your child rules to follow when at the pool. No running, no diving in the shallow end, no pushing people in, no pulling other kids under the water, and no swimming without an adult. Install fences

around home pools that surround all sides of the pool. The fence should be at least four feet tall with self-closing gates.

Know what to do in an emergency. Learn CPR and basic water rescue skills. You may never have to use them, but these skills could save a life.

For more information about water safety visit:

[www.safekids.org](http://www.safekids.org)

[www.parents.com](http://www.parents.com)



## Time for Bed!

During the summer, it is common for kids to lose sleep by staying up late. After a while, lack of sleep can affect their mood, health, and learning. Even though bedtimes are usually later during the summer, bedtimes should be as consistent as possible.

Studies have shown that elementary-age children that have a regular bedtime perform better in math, spatial skills, and reading, and children with inconsistent bedtimes are more likely to have behavior issues. Sleep guidelines recommend that preschool-age

children get 10-13 hours of sleep each night. When the school year approaches in the fall, start changing sleep patterns at least 2 weeks before the beginning of the school year to get your child back on their regular sleep schedule.

