

NOTE TO PARENTS TO FIGHT HOT SUMMER

The summer season is here, and with the scorching heat, sweat and high humidity levels there is risk of heat-related illness. The parents need to be careful to ensure their kid's safety from this unbeatable heat and request parents to follow the following tips to overcome the heat:

Provide your kid with a water bottle: It is very important for everyone to have plenty of water during summer season. Please ensure that children will have 5 to 6 liters of water per day.

Fresh juices and lemon water: Parents should provide fresh juices, coconut water, buttermilk or lemon juice as refreshments to their kids as they replenish the fluids that are lost in sweat.

Light colour clothing: Make your child wear light colour clothing as light colours absorb heat better during summers and allow sweat to evaporate.

Sunscreen cover: Always apply a good sunscreen, whenever your child is about to go out in the sun to play. You can also make them wear hats and shades to protect from direct sunlight.

No junk food, please!: Avoid making your child eat a lot of spicy junkies like pizza, pasta and burgers—instead go for fresh fruits like watermelons, muskmelons, chikku and kiwi, as they have antioxidant properties and water content which helps in preventing dehydration.

Insect repellants: Applying insect repellants are a must for your child before they go out to play to protect them from insect bites and bugs that can cause various infections. You can also ensure to make them wear full sleeves cotton fabric clothes so that they are protected from insect bites and also the sun heat.

Keep kids out of mid-day sun: Try to keep your kids out of direct sunlight especially during peak hours from 12-4. Evenings are best for recreational activities, especially for kids playing outdoor games.