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Tips for Parents on Water and Pool Safety for Kids

Summer is a great time to enjoy outdoor recreation with your family including swimming in a pool. But danger lurks for young children—even with kiddie pools. Toddlers can drown in just a few inches of water. The good news is that most drowning can be prevented.

Here are some tips to protect your children against drowning and make your pool outings safe and fun:

- Always supervise your child when in or around a pool.
- Empty all pools and large basins (like a large water tub for dogs) when not in use.
- Surround large pools and hot tubs with a 5-foot fence and install a childproof, self-latching gate with a lock.
- Learn CPR and emergency rescue techniques.
- Never leave a child unsupervised near water—even if you child has had swimming lessons. Children love to play in water and can drown quickly. Keep the toilet lids down and bathroom doors closed. Empty bathtubs and buckets right after use. If outdoors, store pails upside down so they won't collect rain or snowmelt.
- Never place electrical radios, hairdryers, or fans near a sink, bathtub or pool.
- Teach children to swim and talk to them about water safety.
- If you have a party near the pool, do not be responsible for more than two to three children at a time. Get another adult to help you watch the kids.
- Keep a phone by the pool, both to summon emergency help and so you will not be tempted to step inside to answer a call.



Source: "The Parenting Connection," June, 2003, Family Connections in Portage County (WI) Inc.



What is the Most Nutritious Vegetable?

When we first realized the health impact of antioxidants like vitamin C and beta-carotene, the "best" choices seemed to be those that are very dark green (like spinach, broccoli, collard and other greens), deep orange (carrots and sweet potatoes), or high in vitamin C (including cauliflower and sweet red peppers). But beta-carotene is not the only carotenoid with important health-promoting abilities.

Now attention is also being given to sources of lycopene (found in red produce, like tomatoes) and other phytochemicals, natural substances found in all plant foods. Once research on phytochemicals discovered their power to block various stages of cancer development and promote other aspects of health, the definition of a "nutritious" vegetable changed, especially when it became clear that vegetables differ in the kind and amount of phytochemicals they contain. For example, onions, garlic and cruciferous veggies like broccoli, cauliflower and brussels sprouts contain the phytochemicals called organosulfides, which fight cancer in certain ways. Citrus fruits rich in flavonoids can protect against cancer in other ways.

Healthful phytochemicals have now been found in almost all veggies.

The best strategy is to eat a wide variety of vegetables, and eat them abundantly.

Source: *Nutrition Wise* by Karen Collins, MS, RD, CDN, American Institute for Cancer Research, www.aicr.org.

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"Tact is the ability to describe others as they see themselves." - Abraham Lincoln