**Outdoor Safety**
- Layer clothing to keep kids warm and dry.
- Instruct children to come inside when they get wet, cold, or every half hour.
- Don’t take an infant outside when it is below 40°F as they lose body temperature quickly.
- Always use sunscreen even on cloudy days.
- Children should stay hydrated while skiing, snowboarding and sledding.

**Indoor Safety**
- Check smoke and carbon monoxide detectors.
- Have a home escape plan in case of emergency.

**Snow Day Safety**
**Skiing, Snowboarding and Sledding**
- Enroll your children in ski or snowboarding lessons with a qualified instructor.
- Use only helmets that are specifically designed for skiing or snowboarding and are properly fitted to the child.
- Sled in safe areas and not behind vehicles.
- Always supervise children while sledding, young children should sled with an adult.
- Never go down head first, sit facing forward.

**Car Seat Safety**
- Don’t bundle children in thick jackets or clothing, it will make the harnesses too loose and may not protect children in a crash.
- Use jackets and blankets over the harness straps to keep children riding snug.

Source: Care of the Young Athlete Patient Education Handouts (Copyright © 2011 American Academy of Pediatrics) updated 8/2015