

Agape Schools Awareness & Prevention Newsletter

Awareness and prevention information for the health and wellbeing of Agape families.

July – Sun Safety & Hydration Awareness

“The Agape Difference” Quote:

“Love is the shade we share on sunny days.”

Infants (6 weeks–12 months)

- - Keep Cool: Dress babies in light, breathable cotton.
- - Hydration: Breast milk or formula only; avoid giving water unless directed by a pediatrician.
- - Shade First: Babies under 6 months should stay out of direct sun; use stroller shades, hats, or light blankets.

Toddlers (1–2 years)

- - Sunscreen Basics: Use SPF 30+ on exposed skin; reapply every 2 hours.
- - Hydration Habits: Offer water frequently, especially during play.
- - Watch for Overheating: Look for signs like fussiness, flushed skin, or fewer wet diapers.

Preschoolers (3–5 years)

- - Teach Independence: Encourage kids to put on hats and drink water before outdoor play.
- - Play Smart: Limit outdoor activity during peak sun (10am–4pm).
- - Modeling Matters: Children imitate adults—let them see you applying sunscreen and drinking water.

FAMILY TIP OF THE MONTH:

Pack a small “hydration kit” (water bottles, fruit slices, sun hats, & sunscreen) whenever you leave home.

Information in this newsletter is not intended to replace advice by a health care professional.

