

Bowling Green

<u>Employee Anniversaries</u>	
Chelsea	1 yr.
Kasey	2 yrs.

Employee of the Month



MINDY SANDERS, RN

<u>August Children's Birthdays</u>
Sarah
Joshua
Aubree



<u>Employee Birthdays</u>	
Sarah	8/15
Brittany	8/24

August 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 Natl Ice Cream Sandwich Day	3	4
5	6 Wiggle your toes day	7	8 BG City & WCPS First Day	9	10 Smores Day	11
12	13	14 Natl Creamsicle Day	15	16 Natl Tell a Joke Day	17	18
19	20 WCPS PS M/W First Day	21 WCPS PS T/Th First Day	22	23 Natl Sponge Cake Day	24	25
26	27	28	29	30	31 Natl Trail Mix Day	

The Dangerous Summer Stroller Mistake



Everyone knows children should not be left in hot cars, even for a few minutes.

But as temperatures continue to rise this summer, a common stroller mistake could also be putting babies at risk. Covering a stroller with a blanket to shield your baby from the sun — even if it is with a very thin cloth — can actually have a furnace-like effect, according to Swedish researchers. In fact, doing this can cause the temperature inside a stroller to rise to dangerous levels.

A stroller experiment was performed by Swedish newspaper, *Svenska Dagbladet*, just to see what would happen. Here is what was found:

Without a cover: The temperature inside a stroller left out in the heat was 71.6 degrees Fahrenheit.

With a thin cover: In 30 minutes, the temperature rose to 93.2 degrees Fahrenheit. And after an hour, it was at 98.6 degrees Fahrenheit.

Who would have thought something as innocent as covering your baby's stroller with a blanket on a hot day could be so dangerous? The thing is, young children are especially at risk for overheating and may even suffer from heatstroke. Signs of heatstroke can include hot, red, dry skin; rapid pulse; restlessness; lethargy; rapid, shallow breathing; vomiting and unconsciousness.

What parents can do to avoid heatstroke in babies:

- Dress your baby in lightweight, loose-fitting clothing
- Try to keep your baby in the shade when outside - and check to make sure that he/she is staying cool during car rides
- Give him/her more fluids than usual on hot days
- If the temperature is especially hot, keep your baby inside if you can
- If your home is very hot and you do not have air conditioning, seek comfort at a public library, the mall, or a community shelter provided especially for relief from the heat