

## 5 Ways to Keep Your Kids Safe This Season

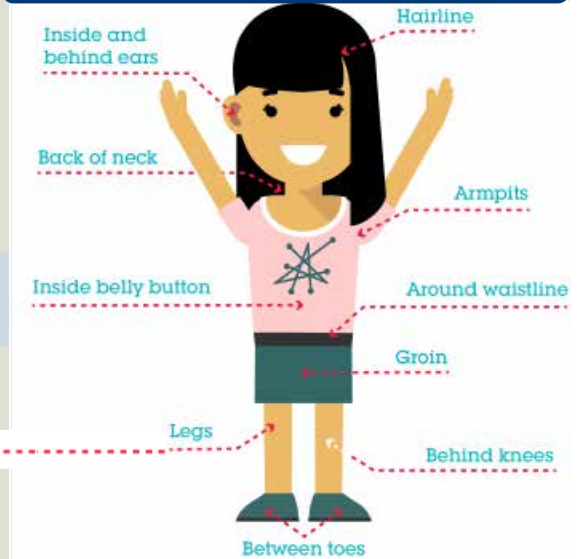
1. Start using prevention methods early.
2. Dress kids to cover exposed skin.
3. Treat your pets.
4. Scan skin frequently.
5. Reduce tick hiding places – they love moist, shady areas.

**Ask Your Child: Do you know the places on your body that ticks like best?**  
(Tip: Use this discussion to check your child for ticks after playing outside!)

Where to check for  
**TICKS**



## Tick Protection +



Sources: CDC, Massachusetts Department of Health and Human Services

## Welcome to Choose Love!

Recently, you received a letter explaining the Jesse Lewis Choose Love Movement and how we are bringing it to Spaulding Youth Center. Social and Emotional Learning (SEL) is a fundamental component of daily life on Spaulding campus, so we are excited to learn that this program incorporates SEL, too! SEL is the process of developing the self-awareness, self-control, and interpersonal skills that are vital for school, work, and life success. People with strong social emotional skills are better able to cope with everyday challenges and benefit academically, professionally, and socially. The Choose Love Movement incorporates the latest in neuroscience, mindfulness, emotional intelligence and positive psychology to reduce the likelihood that individuals will harm each other. From effective problem-solving to self-discipline, from impulse control to emotion management and more, SEL provides a foundation for positive, long-term effects on kids, adults, and communities.

## Choose Love



To learn more, visit [jesselewischooselove.org](http://jesselewischooselove.org) and keep an eye out for more materials from us!



## Need a Resource or Have a Question?

Hi families! I am Brooke Nadeau, the Spaulding School family worker. The Spaulding team is working hard to provide lots of tips, ideas and resources to help you with remote learning, activities and more. Visit [SpauldingYouthCenter.org/Families](http://SpauldingYouthCenter.org/Families) to view the parent letters, updates, resources and other communications already available to families. Let us know if there is another resource that would be helpful.

If you have questions about Spaulding's COVID-19 updates or if you need a resource (pandemic-related or otherwise), please call me 286-8901 ext. 205 or email me [bnadeau@spauldingyouthcenter.org](mailto:bnadeau@spauldingyouthcenter.org). I am here to help you keep your family safe and healthy.

Together, we are #SpauldingStrong.

## Upcycled Planter

## Craft ✂️

### Supplies Needed:

- Half gallon milk or juice carton with a cap
- Soap and water
- Scissors
- Potting soil
- Flower seeds
- Optional: materials for decorating, such as construction paper, paint, glue, markers, glitter, etc.)

### Instructions

1. Clean out carton.
2. Place carton on its side and carefully cut out one side.
3. Fill with soil.
4. Plant seeds or plants.
5. Water!

**Ask your child: Why do you think flowers are important?**  
(Tip: Bees need flowers and we need bees to pollinate and grow food!)



## SHIELD YOURSELF WITH SUNSCREEN & PREVENT SKIN CANCER



It's easy to protect yourself from UV rays!

Joyce Teng, MD, PhD, Director, Pediatric Dermatology at Packard Children's dermatology.lpch.org

### SHEDDING LIGHT ON SUNSCREEN

#### BROAD SPECTRUM SUNSCREEN

protects you from two harmful types of UV light — UVA and UVB. UVA rays can prematurely age your skin while UVB rays can burn your skin. Too much exposure to either type can cause skin cancer.

#### SWIMMING OR SWEATING?



Look for "water resistant" sunscreen and reapply it every 2-3 hours if you are in the pool or playing outdoors.

#### WATER OR SNOW = MORE UV RAYS



Surfaces like water and snow increases the amount of UV radiation to the skin.

#### WHAT DOES SPF MEAN?



Sun Protection Factor is an estimate of how well the sunscreen will protect you from becoming a fried tomato. 30+ is best.



#### PROTECTIVE CLOTHING

Add protection by wearing a long-sleeved shirt, pants, a wide-brimmed hat and sunglasses.



**THE SUN IS STRONGEST BETWEEN 10AM AND 4PM**

**SPRAY VS. LOTION**

**PROS:** Convenient & quick!

**CONS:** Hard to see  
Easily wasted  
More expensive

**PROS:** Easy to see  
Lasts longer

**CONS:** Less expensive  
Takes longer to dry

## Sunscreen ☀️

### COVER UP BECAUSE CANCER IS NO JOKE

#### WHAT IS MELANOMA?

Melanoma is the most dangerous type of skin cancer. Indicators include a change in shape or color to an existing mole or a new lump on the skin that looks unusual.

**75,000** NEW CASES

of melanoma are expected in 2013.

#### MORE CASES EVERY YEAR

For the last 30 years, the rate of occurrence for melanoma has risen.

#### CHECK YOURSELF MONTHLY



Anything new or different about your skin? Look for a change in the size, shape, color, or elevation of an existing mole or if it looks different from other moles, feels itchy, hard, bumpy, swollen, or tender to the touch.

#### VISIT A DERMATOLOGIST

If you see any unusual skin changes, be sure to visit your dermatologist.