



NC SEEDLING



Study to
Explore
Early
Development

North Carolina
SEED

UNC-CH, Department of
Epidemiology

Summer 2014

www.NCSEED.org

NOTES

- SEED has enrolled almost 2100 families
- About 600 families have finished the study

Playing It Safe on the Playground

Summer can be so much fun! Finally the cold, dark days of winter are behind us and it is time to get outside. Summer is a good time to take kids out to the park or local playground for some fun and physical activity. However many children are injured on playgrounds each year so please practice these safety tips recommended by the National Program for Playground Safety (NPPS):

Swings -Children should slow down before getting off the swing. Children should

not walk too closely in front of or behind someone who is swinging.

Climbing -Children should use 2 hands on climbing equipment and stay off this equipment when it is wet and Slippery.

Slides -Children should not climb up the front of a slide because they could get hit by someone sliding down. Children should slide down feet first. Only one child should go down the slide at a time. Children should not ride in adult laps to slide

down the slide.

Heat check -Make sure the surface is not too hot if it is not protected by shade. Hot surfaces can actually lead to burns on the skin.

For more information on playground safety, check out the NPPS website at <http://playgroundsafety.org>



Food Fun!

Want to encourage your child to choose healthy foods? Then let them start now! Visit your local farmer's market this summer. Many of them celebrate summer with special events to teach kids about where produce comes

from or fun things to do with it! They might have a 'Seed Potting Day' or a 'Paint with Cherries' station. Many local farms allow you to pick your own fruit and vegetables for much less than you find at the grocery store.

