



**Summer, Sun,
Sunshine -
TIPS FOR HEAT**

FOR KIDS

**Advice for children in dealing with
warm temperatures!**

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für Bildung
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Why is the issue of heat important at all?



Today and in the future, **heat** will also be an important issue in Germany, as temperatures continue to rise due to **climate change**



In the summer, therefore, heatwaves occur **more frequently** and **last longer**



Inner cities and **densely populated urban districts** in particular heat up due to a moderate proportion of green and open spaces



Heat can have an **impact on anyone's health**, putting stress on the cardiovascular system for example



Children are particularly affected and react more strongly to heat and strong sun exposure by suffering weakness attacks and sunburns



On hot days **above 25 °C**, simple behavioral tips for everyday life should be followed



Practical tips for hot days:



Always **drink** plenty! On the go always take a bottle of water with you!



Take **breaks** regularly!



Children should not sit in the sun in the car, even with air conditioning. Better to put a cloth or other **sunscreen** on the window.



Do not leave babies and children alone in the car - especially in hot weather and direct sunlight.



Do **not stay in the sun between 11am and 3pm!**



Wear **light, loose clothing.**



Light, **low-fat food**. Ice cream allowed in moderation, preferably homemade ice cream from natural juices!



Wear **headgear**, e.g. a cap. Face, ears and neck must also be covered!



Wear **sunglasses!**



Use **sunscreen**, at least sun protection factor 30! Apply the cream **before you go out** and leave it on for half an hour.



Children and sun protection

Children should be taught early on how to apply sunscreen properly. Can you help the girl with this?

Simply connect the terms with the correct body parts!

Do you know
where I need to
put sunscreen?



☀️ arms

☀️ ears

☀️ shoulders

☀️ legs

☀️ feet & toes

☀️ face

☀️ scalp

☀️ neck

☀️ hands

☀️ back

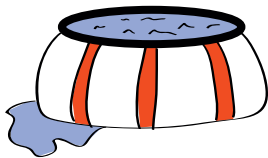
Clothing protects
better than cream!

Cooling down on hot days is good for you. Nevertheless, there are a few things to keep in mind, because it can also be dangerous around water...



Here are some tips:

- 1) Never leave children unattended near water! Not even briefly.
- 2) Fencing swimming pools, paddling pools and garden ponds.
- 3) Dress children in floatation aids (e.g., water wings or rings) or size-appropriate life jackets. Even then, do not let children out of your sight.
- 4) To prevent drowning, children should attend a swimming course. This is recommended from the age of 3.
- 5) Parents should attend a first aid course so that they can be able to provide help quickly in an emergency.



First aid measures in case of bathing accidents

- **Rescue:** Bring the child ashore!
- **Check consciousness:** Check if the child is conscious by talking to and touching her or him.
- **Alert the rescue service:** **Call 112** and request an ambulance.
- **Check breathing:** If the child is breathing, apply stable side position and continue to check breathing.
- **Start resuscitation:** If the child is not breathing, begin mouth-to-mouth resuscitation immediately. Continue resuscitation and chest compressions until the child is breathing on its own or rescue arrives.



This flyer was compiled as part of the BMBF-funded research project „iResilience: for a good climate“ in cooperation with local actors, social institutions and the city administration of Dortmund. The flyer complements the heat etiquette guide - a document published by the Federal Environment Agency on dealing with heat hazards - which was supplemented in the project with local information for Dortmund. It contains tips and advice on how to deal with heat and how to behave personally during heatwaves.

Further information about the project and the heat etiquette guide, supplemented with local information for Dortmund, can be found at www.iresilience-klima.de!

If you have any further questions about heat and children, please contact a doctor or the family offices in the Dortmund districts!



All information was gathered from the following sources:
Bundeszentrale für gesundheitliche Aufklärung (BZgA)
Berufsverbandes der Kinder- und Jugendärzte e.V.
Bundesamt für Bevölkerungsschutz und Katastrophenhilfe
KinderKinder DGUV
Staatsinstitut für Frühdiagnostik

