

SUMMER

Resource Guide

Your summer guide to health, safety and general wellness resources is here!
Check out our many summer-related articles & videos for kids and families.

Drowning is the #1 cause of unintentional injury-related death in children ages 1-4, and the 2nd leading cause of accidental death in children ages 1-15. Read these important summer reminders and tips for swim and water safety.

[DROWNING PREVENTION & SWIM SAFETY](#)



What are 5 of the most common summer rashes? Learn about what's what, proper treatment and prevention.

[5 COMMON SUMMER RASHES](#)



Check out our article with tons of creative (and simple) ways to continue the learning with your child all summer long.

[CONTINUED LEARNING FOR KIDS OVER SUMMER BREAK](#)



Summer brings lots of fun, memories and annoyances like sunburn and bugs. Here are tips to help manage your summer.

[SUMMER LIVING TIPS](#)



These are the things to remember about sunscreen and regular sunscreen application, and some "pro tips" for applying sunscreen to kids.

[ALL ABOUT SUNSCREEN](#)



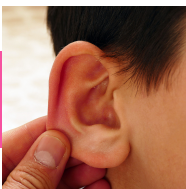
Read about ways to encourage and incorporate fitness (at various ages) for your family.

[FITNESS FOR THE WHOLE FAMILY](#)



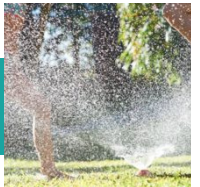
Swimmer's ear can develop after frequent swimming or exposure to water. But what is it and how can it be prevented and treated?

[SWIMMER'S EAR](#)



Check out these tips to keep your family safe in the hot summer heat.

[TIPS TO SURVIVE THE SUMMER HEAT](#)



Visit our website at annapolispediatrics.com for more resources, articles and videos.