

# 5 Tips to Avoid Heat Stress in Kids

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Summertime is here, and that means the sun is out and temperatures are high. While kids are looking forward to a summer vacation spent running, playing and exploring outside, as a parent there are steps you can take to avoid heat stress in your children.

Here are five simple ways to keep things cool and your kids healthy this summer:

- In conditions of high heat or humidity, **reduce the intensity level** for activities that last 15 minutes or longer.
- **Allow a 7 to 14 day period for your kids to acclimate to** warmer temperatures and more strenuous exercise by planning a gradual increase in the intensity and length of outdoor activities.
- **Make sure your child drinks lots of fluids** and does not feel thirsty prior to playing outside. While they're playing, encourage them to take a water or sports drink break every 20 minutes to rehydrate.
- Dress kids for the heat with **lightweight, light-colored clothing**. Single layers of absorbent material are best to help wick away sweat, and kids should change into fresh clothes if they become saturated.
- Shorten game times and provide more frequent water breaks in cases of high heat. Most importantly, keep a close eye on your child and make sure they **move to a cooler environment** if they feel dizzy, lightheaded or nauseous.

If you want more tips to help your kids stay active during the hot summer months, [contact](#) an AdventHealth pediatric specialist.

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