

«О ЛЕТНЕМ ОТДЫХЕ ДЕТЕЙ»

консультация для родителей



СОЛНЦЕ ХОРОШО, НО В МЕРУ

Летом дети максимальное время должны проводить на воздухе. Это касается и самых маленьких - грудных детей. Однако если более старшим дошкольникам разрешается понемногу загорать, то малышам прямые солнечные лучи могут причинить вред.

Самая большая опасность - перегрев организма, солнечные ожоги, солнечный удар, поскольку маленький ребёнок обладает менее совершенной терморегуляцией и кожа его очень нежна.

До трёх лет световоздушные ванны можно проводить под навесом или в тени деревьев.

При этом нужно соблюдать принцип постепенного обнажения тела ребёнка. Сначала от одежды освобождаются руки и ноги, а затем остальные части тела.

Уже с 1,5 летнего возраста световоздушные ванны ребёнок может принимать в одних трусиках.



OUR FAVORITE SUMMER CAMPING

Summer is here again! It's time to pack up our bags and head to the great outdoors. Whether you're a seasoned camper or just starting out, there's something for everyone at our favorite summer campsite. Here are some tips to help you make the most of your camping trip.

First, make sure you have all the essentials. This includes a tent, sleeping bag, and a campfire kit. You'll also need a cooler for your food and drinks, and a backpack to carry everything. Don't forget to bring along some bug spray and sunscreen to protect yourself from the sun and insects.

Once you've packed up, it's time to hit the road. Make sure you have a map and know where you're going. If you're driving, make sure your car is in good condition and you have enough gas. If you're taking a bus or train, make sure you have your tickets and know when to get off.

When you arrive at your campsite, set up your tent and get settled in. Make sure you have a good place to sleep and a place to cook. Once you're settled in, it's time to explore. There are many things to see and do at our favorite summer campsite, from swimming in the lake to hiking in the woods.

One of the best things about camping is the opportunity to disconnect from the world. It's a chance to slow down and appreciate the beauty of nature. So take some time to relax, read a book, or just sit and enjoy the view.

At the end of the day, it's time to pack up and head home. Make sure you have everything you need and don't forget to say goodbye to your new friends. Camping is a great way to spend time with family and friends, and it's a reminder of the simple joys in life.

