



ECASB & Erie County

Collaborating For Stronger Public Schools in Erie County

July 2025



SUMMER HEALTH & SAFETY FOR KIDS!

HELPFUL TIPS



- Visit summermealsNY.org for free meals for children under 18.
- Maintain routines and keep regular bedtime/wake up schedules.
- Eat local fresh fruits & vegetables - see erie.gov/eriegrown

UNPLUG & PLAY



- Encourage outdoor play.
- Go for a walk with a buddy or a pet.
- Explore parks in Buffalo and Erie County.
- Check out books, games and sports equipment from your local library.
- Stock up on sidewalk chalk, bubbles, board games.
- Limit screen time to 2 hours per day.

MENTAL HEALTH



- Check in with friends and family regularly.
- Spend time with friends in-person or virtually.
- Join community programs at your local library or park.
- Journal, draw, and play to spark joy and reduce stress.
- Download the EriePath app - erie.gov/eriepath.

Get ready to go back to school. Stay up to date with doctor's checkups & recommended vaccines.



SAFETY REMINDERS:

- Teach children when and how to call 9-1-1.
- Add Poison Control to all phones: 1-800-222-1222.
- Always have a first-aid kit on hand for emergencies.
- Wear helmets when riding bikes, skateboards or roller skates
- Wear sunscreen, sunglasses and a hat when outside.
- Hydrate! Drink water, avoid sugary drinks and caffeine.
- Supervise children near pools and bodies of water.
- Protect against tick and mosquito bites with insect repellent.
- Lock up firearms & medications.

FOR MORE INFORMATION: erie.gov/summersafety