Now that summer is here and the Texas heat is upon us, many of you will be spending an increasing amount of time near or in the water. Whether it’s a pool, lake or a river, it’s important that you and your family follow a couple of very simple rules to keep you and your friends safe.

1. Never swim alone. Find a friend to play in the water with you. It’s always much more fun and safe that way.

2. Always have an adult, or two, watching when you’re in the water. Parents, “watching” means just that: not cooking, serving, talking around the fire or grill, etc. Share the watching role with others and rotate every 15 minutes, so that you don’t forget to pay attention.

And, as you have heard before, do not forget to put on sunscreen and hats, especially on the little ones.

Enjoy a fun and safe summer! Texas fall weather will soon be here and you’ll be BACK in SCHOOL!

Be safe,

Jose Gonzalez, M.D., J.D., M.S.Ed.
Medical Director, The Center for Children’s Health
Swim season is officially upon us!

School is out, the weather is hot and pools are open for business! Swimming with friends and family is good exercise and a great way to stay cool. But, it can be dangerous. It only takes an inch of water for kids to drown and it can happen without a sound. Drowning is the leading cause of unintentional death for children 1–4 years of age.

Keep everyone safe this swim season with:

- Constant adult supervision
- Water Watcher tags
- Four-sided fencing
- Self-latching gates
- Pool/door alarms
- Family CPR lessons
- U.S. Coast Guard-approved life jackets
- Swim and water safety lessons
- Family CPR lessons
- U.S. Coast Guard-approved life jackets
- Swim and water safety lessons

Parents – Pull this section out and give it to your kids. Kids, this section is just for you!

Summer should be a fun, relaxing and safe time for everyone. We hope that you have a great break from school and enjoy family or vacation time.

YOU COULD WIN A PRIZE!

Complete the word find and scavenger hunt in this insert and mail it to this address to be entered to win a cool prize:
Cook Children's
The Center for Children's Health
801 7th Ave.
Fort Worth, TX 76104

If you're going to be around a swimming pool, lake or river, remember:

1. Pay attention. Don't get distracted. Look out for each other and have a designated water watcher.
2. Use the buddy system. Don't swim or go in the water alone.
3. Remember the water does not have to be very deep for someone to drown.
4. Keep pools safe when not in use by locking the gate.
5. Make sure everyone uses a life vest while boating, water-skiing or rafting.

The Center for Children's Health
led by Cook Children's
Pool Safety Word Find

Time yourself and see how long it takes to find all the words!

C A T W X C F T R Y N T M S Q
E N O L A R E V E N S O I A M
U Y A D K L D F W E J R L F G
N Z E E O G F R V A K E M E Y
E Z L O C G J E A U T C I T G
E H P H T O F H F U P C Y Y N
R H G Q V I S F H T G R H O V
C P Z I L M U F M X E E K E X
S W O B C Z L Y C M K X F C R
N S W I M M I N G B A L E I S
U R E V I R C H U H L Q V V L
S U Y O B H I D G U A F B W
G V J N V U D S I C D L U Y F
Q I I E M Y W X G D K U A T E
X X S O D E D V E X P P I H I

Word Bank
Buddy
Life Vest
Pool
Sunscreen
Lake
Never Alone
River
Swimming
Lifeguard
Ocean
Safety
Watcher

Alphabet Scavenger Hunt

Find something in your neighborhood relating to summer safety that starts with each letter of the alphabet. Write down the item below! You get a special pat on the back if your words are about water and pool safety.

A.
B.
C.
D.
E.
F.
G.
H.
I.
J.
K.
L.
M.
N.
O.
P.
Q.
R.
S.
T.
U.
V.
W.
X.
Y.
Z.
Bean and cheese tostadas recipe

This yummy tostada recipe makes a satisfying healthy lunch or dinner. Black beans, zucchini, corn and cherry tomatoes make this colorful vegetarian dish delicious and nutritious.

**Ingredients**

- 8 corn tortillas (6-inch diameter)
- 1 can (14 oz.) black beans, rinsed and drained
- 1 small white onion, finely chopped
- 2 medium zucchini, cut into 1/4-inch pieces
- 2 jalapeño peppers, seeded and chopped
- 1/2 tsp. black pepper
- 1/4 cup water
- 1/2 cup cooked corn
- 1 cup cherry tomatoes, sliced
- 1/2 cup chopped cilantro leaves
- 1 1/2 oz. grated reduced-fat white cheddar or Monterey Jack cheese (1/4 cup)
- 4 scallions, chopped
- 1 small avocado, pitted, peeled and chopped
- Lime wedges, optional

**Preparation**

1. Preheat oven to 400°. Arrange tortillas on two baking sheets and toast in oven until crisp, about five minutes. Remove from baking sheets.
2. Lightly spray baking sheets with nonstick cooking spray. Spread beans and onions on one and zucchini and jalapeños on the other. Lightly coat vegetables with cooking spray. Season with the black pepper and roast until golden, 12 to 15 minutes.
3. Transfer half the beans and onion to a bowl with the water and mash beans with the back of a fork until smooth. (Add more water to reach desired consistency, if necessary.) Spread mixture onto tortillas.
4. Toss remaining beans and onions with zucchini, jalapeños and corn and divide among tortillas.
5. Top each tostada with tomatoes, cilantro, cheese, scallions and avocado. Serve with lime wedges, if desired.

**Yield:** 4 servings

Nut allergy: If you have an allergy to nuts or nut products, read the packaging, labels, warnings and directions for all ingredients in this recipe to determine whether the non-nut ingredients in this recipe were manufactured in a plant that processes nut products. We recommend that you do not solely rely on our information. For additional information about a product, please contact the manufacturer.

For more healthy eating ideas, visit cookchildrens.org/checkup and look for the link to our Checkup kitchen.

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**Continued ... Swim season is officially upon us!**

What does drowning look like?

**What to watch for:**
- Silence
- Head low in water
- Gasping
- Hair over eyes/head
- Hands grabbing at air

**Common drowning myths:**
- Splashing
- Arms waving around
- Loud yelling

For more tips on how to keep your children safe around water, please visit cookchildrens.org/safety.