

June Parent Newsletter

Summer Safety Month

When it comes to summer safety tips and local summer events, Pollywog has you covered! We have trips and tricks for sunscreen, playing safely in the river, or participating in Safety Town! Summer is just around the corner -- are you ready? We are!

Sunscreen

Preschool and child care center sunscreen guidelines can help your kiddos stay safe in the sun:

- Reapply sunscreen every two hours while exposed to the sun.
- Use a sunscreen with an SPF of 15 or higher and labeled as "Broad Spectrum."
- Do not use aerosol sunscreens.
- Sunscreen shouldn't be used on children younger than six months.

This information is from [Oregon Department of Education Early Learning Division Rules For CERTIFIED CHILD CARE CENTERS](#)

River Safety

Even though summer is almost here, Oregon rivers are still very cold.

Please remember:

- River temperature varies. Be particularly careful May through June when air temperatures are in the 80s but water temperature may be in the 50s. From late June through August, the water is typically perfect (68-72 degrees). Temps start to drop fast come September.
- Limit your time in cold water.
- Teach your little ones how to swim. Check out your local community swimming pool for swimming lessons.
- Use life jackets. Do not use air-filled or foam toys, such as water wings, noodles, or inner tubes in place of life jackets. These toys are not designed to keep swimmers safe.

This information is from the [Human Access Project](#).

Looking for local rivers to play in? Here are a few child-friendly options:

Benton County

Avery Park: From Highway 20/34, turn south on Southwest 15th Street, then head west onto Avery Park Drive. Park near the Corvallis Parks & Recreation Department headquarters. A trail to the left of the building heads down to the swimming hole.

Salmonberry County Park: Take Highway 34 west of Alsea for seven miles, and take a left on Salmonberry Road. Take another left into the park.

Linn County

McKercher County Park: Take Interstate 5 to the Brownsville exit, and head east on Highway 228 about eight miles. Park alongside the road or in the parking lot and take a short hike to the river. McKercher gets crowded, so on the weekend, arrive before noon if you want a parking spot.

Lincoln County

Child-friendly beaches are mainly located in Seaside, Cannon Beach, Rockaway Beach, Lincoln City, Newport, Waldport, Gold Beach.

This information is from [The Gazette Times](#).

Are You Ready for Safety Town?

Boys & Girls Club of Corvallis — Register 541-757-1909 ext. 220

- Each session runs Tuesday–Friday for two weeks starting July 10.
- Educates children entering Kindergarten about important safety topics including fire safety, dog safety, water safety and more!

Boys & Girls Clubs of the Greater Santiam — Register 541-258-7105

- Monday, July 23–Friday, July 27
- A safety program for Lebanon area children who will be entering kindergarten.

Safety/Bike Rodeo — Register 541-994-3636

- Saturday, June 2
- Free Helmets, Raffle with Bikes for kids, a Bike Obstacle/Skill Course, and activities for the kids.



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