

# Fun in the Sun

Jenny Alexander, M.D., of Alexander Pediatrics offers pediatrician-approved tips for a safe and healthy summer.

“Summer is a great time for kids and families to get outside and be active,” says Jenny Alexander, M.D., of Alexander Pediatrics. “With seasonal activities shifting, it’s important to keep sun, water, and travel safety at the top of your mind.”

As a mother of four, Dr. Alexander knows summer schedules can be hectic for even the most conscientious parents, so a focus of her practice is reminding caregivers to use things like sunscreen and bike helmets every time children are outdoors. “Parents know these things, but consistency is key,” she explains.

During the hottest months, Dr. Alexander advises keeping children out of direct sunlight at peak times, between 10 a.m. and 2 p.m. Children six months and older should wear sunscreen every day with a sun protection factor (SPF) of at least 15, and sunscreen should be reapplied every two hours or after swimming or sweating. Hats, breathable fabrics, and sunglasses are helpful for sun protection, but children still need to take play breaks and stay hydrated. “Shade and water are best,” explains Dr. Alexander. “Even if your child does not feel thirsty or tired while playing, they need plenty of fluids and frequent rests.”

When it comes to safety around pools, ponds, lakes, and beaches, Dr. Alexander urges preparation and vigilance. All children should be taught to swim and should wear life jackets for boating or in large bodies of water. No child should ever be left alone around water. “Actively watch children around pools or any body of water,” says Dr. Alexander. “Teach them to stay away from the water unless a parent or lifeguard is present.”

For kids on the move, Dr. Alexander stresses helmets and seat belts must be used without fail. “Even if a child is just going next door on a bike, they need to wear a bike helmet,” she says. “The same goes for seat belts; buckle up every trip.” The safest place for kids is in the back seat. Parents should closely follow proper car seat and booster seat installation instructions and seat belt requirements based on weight, height, and age.

As for day camps and traveling, Dr. Alexander says parents need to be mindful of COVID-19 precautions, including handwashing, masks, and social distancing. “When possible, get vaccinated against COVID-19. Strict lockdowns may be over, but the risk is not,” she explains. “It’s also important to maintain regular health visits and vaccination schedules, especially for families who will be traveling.”



FROM LEFT TO RIGHT: Jill Fitch, CRNP, Jenny Alexander, M.D., and Michelle Kirkland, CRNP.

For more than 20 years, Alexander Pediatrics has been Montgomery’s trusted family resource for pediatric healthcare. The practice provides compassionate medical care for newborns through 18-year-olds.

Offering routine visits, sick visits, physicals, and immunizations for children and adolescents, the practice takes same-day appointments. To keep children healthy, well child visits are scheduled for mornings and sick visits for afternoons. The practice also offers 24-hour on-call service for after-hours care.

For new parents and those just arriving to the area, Alexander Pediatrics is accepting new patients.

