

Keep everyone hydrated

- **Plan ahead.** If you know you'll be hitting the beach or it's predicted to be especially hot, increase fluids the day before.
- **Push drinks, even if she doesn't ask for 'em.** Kids don't know to stop playing when they need a drink, so you'll have to be their thirst-o-meter. "They should be drinking at least four ounces every two hours, and more if they're really active," says Ellen Schumann, M.D., a Weston, Wisconsin, pediatrician.
- **Infants also need more fluids** when it's hot outside—but not water, which can mess up their electrolyte balance. Instead, breastfeed or offer more bottles than usual.

Dehydration warning signs:

- Dark urine or not being able to pee at all
- Complaints of headache or dizziness
- Lack of sweat (or not as much as usual)

Try a fresh water source

Kelty's Starfish backpack has an innovative twist: a 1.5-liter reservoir inside with a hands-free drinking tube built right in. Odds are, your child will think it's so neat, you won't have to nudge her as much to drink up. The bag's also roomy enough to stash her gear. (\$40; kelty.com)



Prevent food poisoning

- **Refrigerate** sandwiches and salads overnight so they stay colder longer.
- **Don't leave food out** for more than two hours (one hour if it's 90°F or warmer).
- When grilling, **use different-colored utensils and plates** to keep cooked and raw meats separate.

Avoid the itch

Protect skin from poison ivy with **IvyBlock**—the only FDA-approved product that prevents skin from reacting to the plant's rash-causing oil, urushiol. (\$15; ivyblock.com)



Other rash-prevention tips:

- **Bathe exposed skin immediately with soap and cold water.** It'll remove the urushiol and may prevent a reaction if you wash within the first 15 to 30 minutes of contact.
- **Machine-wash clothing that may have come in contact with the plant,** and make sure it doesn't touch anything—including your hands, car upholstery, and rugs—if possible.
- **Don't let pets run loose in the woods.** It's possible to get a poison-ivy rash from touching a dog or cat who's brushed against the leaves.

Stock up

You've got bandages and antiseptic, but don't forget these first-aid-kit essentials:

- **Tweezers,** to remove ticks, splinters, and bee stingers.
- **Aspirin,** which you can wet and rub onto skin to reduce itching and swelling after a bug bite or a bee sting.



Amy Roberts is an editorial assistant at Parenting.