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Summer Safety Tips

Here's how you and your summer babysitter or nanny can help keep kids safe this season.

Be Sun Savvy

A person's sunlight exposure during childhood and adolescence is generally considered to increase the risk of melanoma.

Apply Early and Repeat

For kids six months and older (as well as adults), sunscreens with a Sun Protection Factor (SPF) of 15 or greater reduce the intensity of Ultra Violet Rays (UVRs) that cause sunburns. Apply liberally 15 to 30 minutes before sun exposure, so it can absorb into the skin and decrease the likelihood that it will be washed off. Reapply every two hours and after kids swim, sweat or dry off with a towel.

Cover

Dress kids in protective clothing and hats. Clothing can be an excellent barrier of ultraviolet rays.

Keep Infants Out of the Sun

Keep babies younger than six months out of direct sunlight, dressed in cool, comfortable clothing and wearing hats with brims.

Plan Early Morning Play

Plan outdoor activities to avoid peak-sun hours (10 a.m. to 4 p.m.).

Beware of Shade

Many people think sitting in the shade is a simple compromise. Shade does provide relief from the heat, but you can still burn in the shade.

Check the Weather

Look for the ultra-violet (UV) index when planning outdoor activities. Higher UV index numbers predict more intense UV light.



Splash Safety

Drowning is the leading cause of unintentional injury deaths in kids one to four years old. Here are some helpful tips to prevent accidents around the water.

Stay Off Cell Phones

Don't allow yourself to get distracted when your kids are in the water.

Know Your Skills

Adults and caregivers should refresh their Infant Child CPR Certification each year. Kids should never swim alone.

Put a Guard Up

Even kiddie pools in backyards should be drained after use. Fencing should be at least four feet high and surround the pool on all sides, with doors that close and lock by themselves. Never rely solely on an alarm or a fence. Train your kids to never go near the pool without an adult.

Beware of Bugs

Spray and Repeat

Parents or caregivers should spray kids exposed skin and clothing.

Check for Allergic Reactions

Some kids react to insect bites more than others. If your child gets bitten and seems to have an allergic reaction to the bite, seek medical attention.

Prevent Dehydration

To prevent dehydration, kids should drink 12 ounces of fluid 30 minutes before an activity begins and take mandatory fluid breaks. Warning signs of dehydration include: thirst, dry mouth, headache, muscle cramping, irritability, extreme fatigue, weakness or dizziness.

For full article go to:

<https://www.care.com/a/summer-safety-tips-a-guide-to-protecting-kids-when-activities-heat-up-1106031447>



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Not intended to solicit properties currently listed for sale

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Best June EVER

In June 2016 a total of 1,133 homes exchanged hands. That makes last month the best June on record. "Not only are we on a roll, we are on a streak - a winning streak," says the President of the London and St. Thomas Association of REALTORS® (LSTAR). "April 2016 was the best April ever. May 2016 lost out to May 2007 - the best month in the history of LSTAR - by only 7 units, and June was the best June ever." Sales were up Year-to-Date by 8.6%. July 4, 2016 - London and St. Thomas Association of REALTORS®.



Breakdown of June Residential Sales

2016 Average Prices (YTD)		
Type	Average Price	Increase from 2015
Detached	\$295,365	4.7%
Condo	\$199,465	5.1%
Total Residential	\$277,084	4.8%

Type	Units Sold	Average Price
2 Storey	296	\$382,440
Bungalow	191	\$233,326
Ranch	121	\$331,274
Townhouse Condo	101	\$175,916
High Rise Apt. Condo	45	\$160,923

Seventy six homes exchanged hands in the City of St. Thomas, down 10.6% from the previous year; Year-to-Date, sales for London's Sister City are up 5.4%. As was the case in London, both listings and inventory were down, 30.5% and 33.3% respectively. The average price of a home in St. Thomas so far in 2016 stands at \$232,853, up 1.1%.

Summer Events & Activities

Active Summer Day Camps
July 4th to September 2, 2016
 Kids Learn Play - Square Up
<https://squareup.com/store/kidslearnandplay/>



Summer Camps at ArtVenture
July 4th to August 27th, 2016
http://www.artventure.ca/2016_summer_camps.htm

Junior Achievement Business Camps
July 4th to August 26th
<http://iacanada.org/london-district-summer-business-camp>

Learn to Play Basketball Clinic
June 14th to August 16th
 Lambeth Community Centre Gymnasium
<https://squareup.com/store/kidslearnandplay/>

Staying Cool the Green Way

It's cool to be green, and green can keep you cool – especially in hot weather. Here are ten tips for maintaining a comfortable home without relying on the air conditioner this summer.



1. Heat rises so make sure your roof is well-ventilated. Consider installing a temperature controlled attic fan that switches on when the mercury rises.
2. Ensure proper insulation in the walls and ceilings. In Canada, we tend to think of insulation as a must for winter, but proper insulation also guards against the heat of the day in summer.
3. Shade the west side of your home by planting large bushes or trees to mitigate the amount of direct sunlight your west-facing walls receive. Be sure any planting is done a safe distance from the foundation.
4. Ceiling fans can cool a room by several degrees. Install ceiling fans in larger rooms and set them to the forward position so the fan rotates counter clockwise. This will help create a wind-chill effect and make you "feel" cooler.
5. Venetian blinds or California shutters are both aesthetically appealing and effective at shutting out the sun's glare. Another option is to add heat reflecting film on windows. It will help keep things cool, while reducing ultraviolet rays that can damage furniture and floors.

6. Since most summer breezes blow from west to east, open the southwest and northeast windows to allow a refreshing cross-breeze. Open windows at night to allow the cooler air in, and close them in the morning.
7. Use a dehumidifier to absorb moisture in the air, as dry air feels cooler. A dehumidifier can also prevent mold, mildew, and musty odours, especially in the basement.
8. If you can, minimize use of your stove in really hot weather. Consider using an outdoor barbecue or a slow cooker which emits very little heat.
9. Invest in a fold-away gazebo for your deck or garden. It protects from sun, insects, and summer showers when you want to cool off outside.
10. Lighten up the exterior paint. Light coloured paint doesn't absorb as much solar energy as darker paint, and is a relatively low-cost solution that can reduce your energy bills.

When summer sizzles, think green, keep your cool – and enjoy!

www.rlpnetwork.com/articles2011