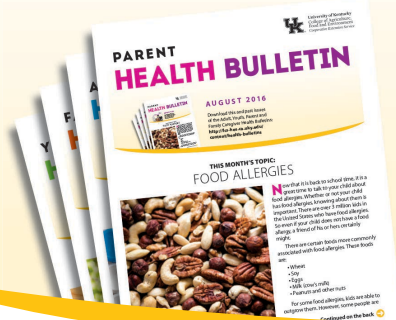


PARENT HEALTH BULLETIN



JULY 2017

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THIS MONTH'S TOPIC: THUNDERSTORMS



Do thunderstorms scare your child? Lightning and thunder can be very scary for some children. One way to help your child through a storm is to help them learn how to stay safe before and during a thunderstorm. In the summer, thunderstorms can be common, so take the time to talk with your child the next time a storm pops up.

What is a thunderstorm?

Thunderstorms are amazing parts of nature. They may seem magical to your child, with flashes of light and loud booms, but they are actually just science and weather. For some children, understanding how a thunderstorm is created can

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Talk to your child about the importance of seeking shelter when a thunderstorm is approaching.

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help them know that it is a normal part of nature. You could discuss that lightning is created by electricity and water in the clouds. The big boom comes after the lightning flashes and heats up the sky. If your child is even more interested, try checking out a book about weather at your local library.

Talking to your child about staying safe

It is important to know what to do when a thunderstorm is approaching. You can share that even animals move to stay safe during storms. Here are some other rules that you want your child to know when he or she hears thunder or sees lightning:

- **If in water, get out immediately.** This includes any lake, pool, ocean or other body of water. Electricity can travel through water, which makes it very dangerous during a thunderstorm.
- **If outside, get to a shelter.** If there is no shelter, go to a car. Wait out the storm before going back outside.
- **Look at the weather forecast.** If there are thunderstorms in the forecast, talk about what is expected, especially in the summer when they may be farther from home.

Staying calm

You may want to keep your child busy when there is a storm:

- If your child is curious about the storm, you could watch it from a window. If your child likes fireworks, a little lightning and thunder could put on just as good a show.

If in water, get out immediately. This includes any lake, pool, ocean or other body of water. Electricity can travel through water, which makes it very dangerous during a thunderstorm.



- If your child would rather not see and hear the storm, have them put on headphones and listen to music. You could also play a game, read a book or do some creative activity together.

The good news is that the storm will most likely pass quickly. Your child will be able to go back outside and enjoy the summer — and maybe even see a rainbow!

SOURCE:

• Nemours KidsHealth
<http://kidshealth.org/en/kids/thunderstorms.html>

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