

A Day at the Beach

Visions of summer will eventually lead to a day at the beach. It can be at a lake, the ocean, or any sandy area you can find but it no matter what it will be a day to remember.

There are many activities that can be done on a beach day, or just go to have fun and relax. By being prepared for a few different scenarios you are sure to have a great time.

The most important part of beach day is safety. There is water safety - no child should go into the water alone or without adult supervision. And there is stranger safety, most beaches are quite crowded on a nice summer day, it is always a good idea to review stranger safety before going out to a crowded public place.

The standards supplies to bring on any beach day include sunscreen, towels, water, and pails and shovels. There are more things that you could use and always remember to err on the side of caution. If you think you might need it and have room, bring it along.

If there isn't a natural place to be in the shade in the form of a tree, something should be brought for the children to have a break in. A beach umbrella or a tent for the kids is a smart choice.

Children know instinctively how to have fun especially on a beach. Building sandcastles, digging holes, collecting seashells are all part of traditional beach fun. A beach scavenger hunt will keep them busy too. Not to mention the swimming. Don't forget to keep reapplying the sunscreen and have the children keep on their hats - even in the water.

The beach may be a once in a summer trip or you may be able to go every week but

either way it will be a summer activity they will fondly remember.