



*The only site and newsletter  
backed by 66,000 AAP  
pediatricians!*



**Focus on Summer Playtime, Parties & Produce**

**July 2017 | Issue No. 150**



## Bounce Houses: Safety Info for Parents

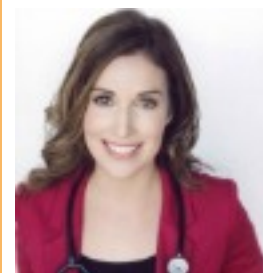
Bounce houses have quickly become a summer staple in many backyard parties and community events. As fun as they are, however, bounce houses also present the real possibility of danger—and their rate of injuries has been significantly on the rise.

**Before buying from or hiring a bounce house supplier, there are some important precautions to take.**

### Also In This Issue:

- +** **Protecting Children from Extreme Heat: Information for Parents**
- +** **Choosing Healthy Snacks for Kids**
- +** **Trampolines: What You Need to Know**
- +** **Juice Boxes: Tips for Parents**
- Sun Safety: Information for Parents About**

### Ask the Pediatrician:



*By: Tanya  
Altmann, MD,  
FAAP*

**Should I sneak fruits and veggies into my preschooler's food?**

### Recipe: Cucumber Limeade

- [!\[\]\(694fcb4611893e9db5249daba48abfc1\_img.jpg\) Sunburn & Sunscreen](#)
- [!\[\]\(8ec8d5dc48934930a762fecf6ecbe179\_img.jpg\) Safety Tips for Home Playground Equipment](#)
- [!\[\]\(c34a15e67573dae8fbb88f4cbfb0f2e9\_img.jpg\) Organic Foods: Worth the Price?](#)
- [!\[\]\(41f06fdeabb4e5a71d06fe8f32a46127\_img.jpg\) Zip Line Safety Tips](#)
- [!\[\]\(18eb66208e65404cce5042d73cf0a851\_img.jpg\) Choosing the Right Size Bicycle: Tips for Parents](#)
- [!\[\]\(14a9d4de9e6699d41b68e8807e2d5f76\_img.jpg\) How to Get Your Child to Eat More Fruits & Veggies](#)
- [!\[\]\(415790129e00c225ba52b81c8addfb14\_img.jpg\) Safety in the Sandbox](#)
- [!\[\]\(fa8e43d6f5da9cf596808674ced6c198\_img.jpg\) What Parents Can Do To Support Friendships](#)
- [!\[\]\(2b564e327fe9708ac2f9320a9ae84c76\_img.jpg\) Water Beads: Harmful if Swallowed, Put in Ears](#)
- [!\[\]\(484cd33a03c33977d2fcf6bb9cc02435\_img.jpg\) How Children Develop Unhealthy Food Preferences](#)

Cucumbers are so cool and refreshing that they make a fantastic hot-weather thirst quencher. Pair with some tangy lime—peel and all—and prepare to chill. [Get the recipe here.](#)



### Recipe: Stone-Fruit Salsa

You can use any combination of the recommended fruits in this sweet, tangy salsa. Or feel free to swap in chopped melon for a different kind of flavor. [Get the recipe here.](#)



**shopAAP**  
shop.aap.org

## New Research on Nursery Product-Related Injuries

A **study** in the April 2017 issue of *Pediatrics* found the most common nursery products associated with injury were baby carriers, cribs and mattresses, strollers, and walkers/baby exercisers. 80% of the injuries were caused by a child falling. [Read more here.](#)

## Thank You to Our Sponsors





The AAP is the world's largest publisher of pediatric content. [HealthyChildren.org](https://www.healthychildren.org) is the digital extension of the AAP mission to provide the most trustworthy health content to parents and caregivers at home, on the go, and from anywhere in the world.

The information contained on this newsletter and on [HealthyChildren.org](https://www.healthychildren.org) should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances.

© Copyright 2017 American Academy of Pediatrics. All rights reserved.

American Academy of Pediatrics | 141 Northwest Point Boulevard | Elk Grove Village, IL 60007-1098, USA

[Log Into Your Account](#) | [Contact Us](#) | [About Us](#) | [Privacy Policy](#) | [Terms of Use](#) | [Editorial Policy](#)  
[Unsubscribe](#)