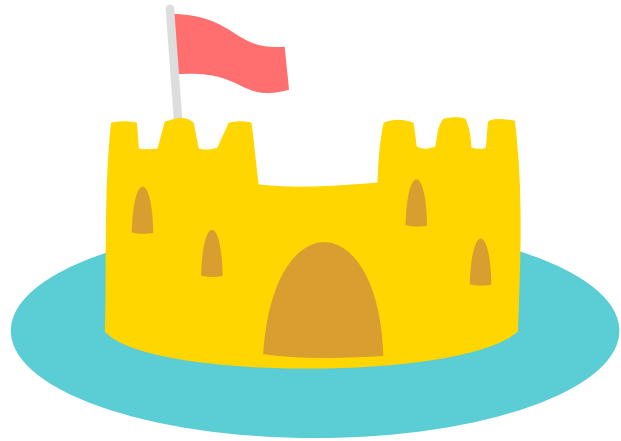




Beach Babysitting Checklist



Safety Tips

1. Keep children at arm's length in the water
2. Don't take your eyes off children around water
3. Watch for storms and lightning
4. Be sure to reapply sunscreen
5. Pay attention to water quality postings
6. Go to the beach early or late
7. Scope out a bathroom in advance
8. Pick a landmark to sit near
9. Ensure that all children stay together

What to Bring

- A Bag to Hold Everything
- Sunscreen
- Beach Towels
- Lots of Water
- Food / Snacks
- Disposable Swimpants
- Beach Blanket
- A Change of Clothes
- Baby Powder
- Toys



Seaside Activities for Kids

- Explore A Tide Pool
- See Who Can Dig The Deepest!
- Play Frisbee or With A Beach Ball
- Go Kite Flying
- Build A Sandman
- Blow Some Bubbles
- Run Relay Races
- Play Tug of War
- Have A Scavenger Hunt
- Draw A Sand Drawing
- Read A Book
- Do Some Yoga
- Play "I Spy"
- Throw Skipping Stones
- Get Buried Alive
- Watch The Sunset
- Listen To The Ocean
- Pick Up Trash
- Go Treasure Hunting
- Go Swimming
- Make A Sandcastle