

FAMILY PROGRAMS NEWSLETTER

BABIES AND BUG BITES

Summer means spending more time outside enjoying fun, friends, and family; unfortunately, it also means mosquito bites. Here are three easy tips for preventing and treating those pesky little bites on your baby this season:

- **Cover up:** Dress your little one in clothes that cover as much skin as much as possible.
- **Use bug spray:** Products containing less than 30% DEET are okay to use for babies over 2 months of age. Avoid products containing oil of lemon eucalyptus or para-menthane-dio (PMD). Be careful to not get any into their mouth, nose, or eyes - spray the repellent into your hands, then apply it to your child's face. Once you're back inside, wash your baby's skin with soap and water to remove the repellent.
- **Reduce the itch:** Try to soothe mosquito bites so that babies and toddlers don't scratch:
 - Apply a cold, damp compress to your child's bite.
 - Apply a 1% hydrocortisone cream to the bite (contains a steroid that should temporarily reduce or alleviate the itching)
 - Make a paste of baking soda and water and apply it to the bite several times a day.

Finally, as always, if your child develops symptoms that you are concerned about, or if a bite starts to look infected, please seek advice from a health care professional.

Source: <https://www.healthline.com/health/baby/mosquito-bites-on-babies>



Boys & Girls Club of Greater Victoria

AVAILABLE NOW

IT'S A WIN WIN FOR LOCAL KIDS

50/50

BRIGHT FUTURES RAFFLE

Single Ticket for \$5;
3-Ticket Pack for \$10;
10-Ticket Pack for \$25;
50-Ticket Pack for \$50;
150-Ticket Pack for \$100

Ticket sales close September 3rd at midnight
Tickets will be sent electronically and drawn by random number generator on September 4th at noon.



Must be a resident of British Columbia
Must be 18+ Know your limit play within it



PLEASE VOTE FOR US!



GOLDSTREAMGAZETTE.COM/CONTESTS
VOTE FOR YOUR CHANCE TO
WIN \$200
GIFT CARDS
WESTSHORE'S OFFICIAL PEOPLE'S CHOICE AWARDS

GOLDSTREAM GAZETTE WestShore Chamber of Commerce



You will find us under the Favourite Non-Profit Category

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AUGUST 2025

All groups are drop-in

No pre-registration necessary

Calendar is subject to change



Monday Tuesday Wednesday Thursday Friday

				1
4 BC DAY HOLIDAY	5 Grp 1: Dental Health Grp 2: Language Dev't	6 Looking for Child Care	7 Big Steps	8
11	12 Fire Safety at Home	13 Nutrition During Pregnancy	14 Big Steps	15
18	19 Car Seat Safety	20 Car Seat Safety	21 Big Steps	22
25	26 SWAP & SHOP	27 Lactation & Breast Pumps	28 NO Big Steps TODAY	29

Baby Steps

Tuesdays

8 wks - 7 mos:
10:30am - 12:00pm

7 mos - 1 yr:
12:30pm - 2:00pm

Best Babies

Wednesdays

12:00pm - 2:00pm

Big Steps

Thursdays

11:30am - 1:30pm

Contact us:

bestbabies@bgcsci.org

**Coming up
next month**



INTERNATIONAL
YOUTH DAY
AUGUST 12

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“My son has been attending the drop-in after school during the school year. The outcome was that during that first summer [his] confidence soared! There isn't a better gift that the staff could have given him.”

Jan – Mother of participant

Our Clubs Need Your Help

We are proud that our Clubs are a safe, inclusive experience for all of our members and a place where they can belong. In the digital age, we need your help to spread the positivity!

How can you help? It's easy! Just click the link below and take 1 minute of your day to leave us a Google Review!

[CLICK TO LEAVE A GOOGLE REVIEW](#)

OR/ Scan QR code with your camera to leave review

