



## Injury Prevention Center www.connecticutchildrens.org



A message from the Connecticut Department of Environmental Protection:

At the Connecticut Department of Environmental Protection (DEP) we are working hard to encourage families to get outside and enjoy the outdoors.

We offer a tremendous system of 107 state parks and 32 forests. We even have a program called "No Child Left Inside," which offers special opportunities for outdoor activities. More details are available at www.ct.gov/dep/nochildleftinside.com.

At DEP we believe there is nothing better for the health and well being of youngsters – and adults – than spending time outdoors. And we know that while you are out there, your appreciation and concern for nature and the environment will grow.

When it comes to water resources, Connecticut is gifted with an extraordinary number of outstanding lakes, ponds and rivers, in addition to the beauty of Long Island Sound. So get out there and enjoy – but please remember to obey all safety rules and common sense practices.

When boating, everyone on board should always wear a life jacket. When swimming, swim only in designated swim areas, know your limits, and children should be closely watched by a responsible adult. Finally, alcohol and outdoor recreation on the water simply don't mix.

We appreciate the efforts of our many partners, including the Connecticut Children's Medical Center, to spread the word about water safety and we hope you spend time this season on Connecticut's waters.

## The Author

Kevin Borrup wrote this comic series to help educate children and parents on childhood safety issues while still having fun. He has worked at the Injury Prevention Center since 2004, helping to keep kids safe and injury free!

## The Illustrator

Scott DaRos is an illustrator and animator who is best known for his work in stop-motion animation and comics. For further information on the illustrator go to: www.scottdaros.com









































































