

Protect babies from the sun!

Babies burn more easily. They are not born with a developed skin protection system and have sensitive skin that is thinner than adult skin.

A young child has more skin (relative to body mass) than an adult, so a sunburn will be more serious. Even children born to parents with deeply pigmented (dark) skin require maximum protection.

Sunburns not only hurt and cause skin damage but they can also cause dehydration and fever.



Here are some tips for children under 1 year:

Keep babies out of direct sunlight either in a stroller with a hood or canopy, under an umbrella or in a heavily shaded spot.

Limit being outside for long periods between 11 am and 4 pm, and especially around noon. Long walks are best in the early morning or late afternoon.

Dress infants in loose-fitting, lightweight clothing that covers the legs and arms. Babies should wear sun hats with a wide brim.

Use a sunscreen with an SPF of 30 that protects against UVA and UVB. A small amount of sunscreen may be applied to exposed areas of the skin that are not covered by clothing such as the face, neck and the backs of the hands.

TIP: Always test a small amount of sunscreen on baby's inner arm before use. Check for a reaction up to 48 hours later.

Remember sun protection is needed whenever the UV Index is 3 or greater.

