



The most harmful effects of sun exposure occur during early childhood. These tips will remind parents of the many ways they can offer sun protection to their little ones!

SUN SAFE Play, Everyday!

- Keep babies under one year of age out of direct sunlight if possible, either in a covered stroller, under an umbrella or in the shade. Shield their skin with hats and loose-fitting clothing.
- Teach your children how to identify shade (created by trees, buildings, porches) and urge them to seek it out. (*If your shadow is shorter than you are, it's time to get under some shade!*)
- When in the sun, remember to protect your child with comfortable clothing wide-brimmed hats, sunglasses (*100% UV protection, wraparounds are best*), sunscreen (*SPF 30 minimum*).
- Choose a sunscreen that protects against UVA and UVB, with SPF 30 or higher, and look for products carrying the Canadian Dermatology Association's logo. If your child develops a burn with SPF 30, try a higher SPF.
- Do not apply sunscreen around a child's eyes as it may sting and burn.
- Swimmers should use water resistant sunscreens. Sun protective bathing suits offer a great way to protect children's skin while swimming.
- Apply sunscreens liberally to your child's skin.
- Don't forget to apply an SPF 30 lip balm to your child's lips.
- Work together with your child's daycare facility to ensure ongoing sun protection throughout the day (for example, provide signed permission for your childcare provider to apply sunscreen to your child, leave a bottle of sunscreen, labeled with your child's name, at the daycare centre).
- Children with fair skin, who usually burn and do not easily tan when out in the sun, or kids with blonde or red hair, freckles, or many moles, are at greatest risk of sun damage.
- Be aware up to 80% of the sun's rays can penetrate light clouds, mist and fog.
- Watch out for reflected light from sand, snow and concrete - up to 85% of the sun's harmful UVB rays can bounce back at you!
- One of the best ways to teach is by example. Make sure you protect yourself as well.
- Try to avoid the sun during the peak hours of 11 am to 4 pm but, if you must send the kids out, make sure they are properly protected with sunscreen, clothing, hats and sunglasses.

For additional information, please consult www.dermatology.ca.