



SUN SAFE Play, Everyday!

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!

- Keep babies under one year of age out of direct sunlight, 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 (made 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 long shirts and pants, to cover most of your child's body (*closely woven materials are best*)
 - wide-brimmed hats
 - sunglasses (*100% UV protection, wraparounds are best*)
 - sunscreen (*SPF 15 minimum*)
- Check with your pharmacist about a suitable sunscreen for your child. Choose one that protects against UVA and UVB, with SPF 15 or higher, and look for products carrying the Canadian Dermatology Association's logo. If your child develops a burn with SPF 15, try SPF 30.
- Do not apply sunscreen around a child's eyes as it may sting and burn. Instead, protect the eyes with sunglasses.
- Swimmers should use waterproof sunscreens, formulated to stay on in water for up to 80 minutes.
- Apply sunscreens liberally to your child's skin at least 15-30 minutes before going outside.
- Don't forget to apply an SPF 15 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 never tan when out in the sun, or kids with blonde or red hair, freckles, or many moles, are at greatest risk of sun damage.
- Cloudy days are no exception! Up to 80% of the sun's rays can penetrate light clouds, mist and fog.
- Watch out for reflected light from sand, snow, concrete and water - 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 practice what you preach.
- Try to avoid the sun during the peak hours of 11 a.m. to 4 p.m. but, if you must send the kids out, make sure they are properly protected with sunscreen, long sleeves, hats and sunglasses.

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