

SUN SAFETY TIPS FOR PARENTS

CHILDREN & BABIES



KEEP BABIES AND CHILDREN OUT OF DIRECT SUNLIGHT

Limit sun exposure between 11 am and 3 pm when the sun's radiation is strongest. Whenever possible, plan outdoor activities before or after this time.

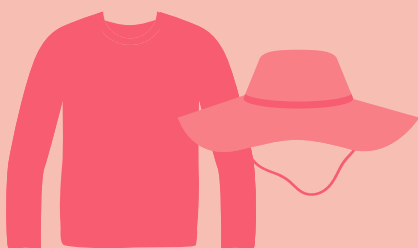
Keep babies out of direct sunlight either in a stroller with a hood or canopy, under an umbrella or in a heavily shaded spot.

Teach school age children the shadow test for sun safety. It is important to stay in the shade when the sun is directly overhead and its rays are strongest. If your shadow is shorter than you, it is time to use maximum sun protection.

Create a sun safe environment for children with shade trees, an awning or umbrella.

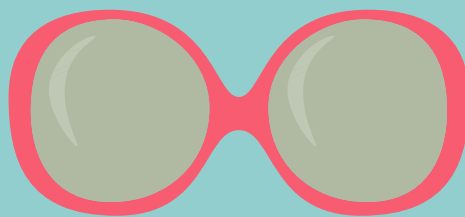


PROTECTIVE CLOTHING & WIDE-BRIMMED HAT



Clothing should cover as much of a child's skin as possible. Hats should shade the head, face, ears, and back of the neck.

ALWAYS WEAR UV-PROTECTIVE SUNGLASSES



It's important to not only protect a child's skin, but also their eyes by ensuring they wear UV-protective sunglasses when outdoors.



REMEMBER THE SPF!

Use an SPF 30 or higher broad-spectrum sunscreen. Apply sunscreen to the face, but avoid the eye area as some children rub that area! Reapply regularly, especially after sweating heavily or swimming. And don't forget to use a minimum SPF 30 lip balm.

For babies over 6 months old, sunscreen may be applied to areas of the skin that are not covered by clothing such as the face and the backs of the hands.

Sunscreen can be used on babies under 6 months of age although it is preferable to avoid the sun and use shade and clothing.

Contact a pediatrician when a baby under the age of one year gets a sunburn – a severe sunburn can be an emergency.

THE CANADIAN DERMATOLOGY ASSOCIATION SUPPORTS THE USE OF SUNSCREEN AS AN EFFECTIVE AND SAFE MEANS TO PROVIDE PROTECTION FROM THE SUN'S HARMFUL RAYS. THERE IS STRONG SCIENTIFIC EVIDENCE OF THE ADVERSE EFFECTS OF UV EXPOSURE. SEEKING SHADE, WEARING PROTECTIVE CLOTHING AND SUNGLASSES, AND USING A BROAD SPECTRUM SUNSCREEN ALL HELP IN PROVIDING SAFE SUN PROTECTION.