



PROTECT THEM UNTIL THEY CAN PROTECT THEMSELVES

It is recommended that an SPF of at least 15 should be applied to children. Oil should never be used on children, as it may encourage burning of sensitive skin. Your local pharmacist should be able to advise you on suitable sun screens, whether you're holidaying at home or abroad. Remember, it is better to have too high a protection than too low.



Protection in Prams

Babies and toddlers can be very vulnerable when strapped into their buggies and prams. All babies under six months should be kept out of direct sunlight at all times. A parasol can provide protection against the sun when positioning in the shade is not possible.

All babies should have protection for their heads; floppy hats are ideal as they cover the head, ears and face, unlike baseball caps, which can leave ears and the neck exposed. Clothing should be light and covering, but care should be taken to overheat the child.



Protection while playing

When children are playing they are often at their most vulnerable as they may be reluctant to move into the shade. Prior protection is therefore essential. Children should be dressed in baggy, cotton clothes for protection and comfort. All areas which are exposed should be covered in sun screen which should be re-applied every 2 hours. Water resistant sun screens should be used for swimming as the sun's rays can penetrate water and can also be reflected off it. Also surfaces such as sand and concrete can reflect the sun's rays.

PLEASE PROTECT YOUR CHILD WHEN OUT IN THE SUN

Most people enjoy being out in the sunshine but should take care; a child however **must take extra care**. A child's skin is particularly sensitive to the sun and if left unprotected, damage may result in serious illness in later years.

All children, whether fair or dark skinned, should be treated as having sensitive skin. Protected sunscreens are graded on a Sun Protection Factor (SPF) scale from 2 to 25+ according to the degree of protection they offer, e.g. an SPF25 sunscreen provides more protection than an SPF2



If sunburn does occur

The skin may appear red, hot and painful to the touch. Keep your child out of the sun for at least a day or two. Apply calamine lotion or After Sun to soothe and moisten the area.

Ensure the child drinks plenty of water to avoid dehydration. If there is severe blistering or the child seems unwell seek medical assistance.



Protection in Cars

No child should be left in a car unattended. If a child has to be left in a car, make sure windows are open to allow air to circulate, and park in a shaded area. When transporting children, sunblinds attached to the windows prevent the glare of the sun to the eyes which can be irritating and can be damaging.

Sunglasses can be worn which are often helpful to the more mobile child.



PROTECT THEM UNTIL THEY CAN PROTECT THEMSELVES

How to protect your children



Most important – take care not to burn



Keep your child out of the sun between 11am & 3pm.
This is when the sun is at its most dangerous. Avoid outdoor activities at this time of the day



Head for the shade around mid-day



Cover up. Dress your children in loose, close-weave cotton clothes. Oversize T-shirts are ideal. Avoid skimpy clothes like sundresses. The commonest areas for severe sunburn are the shoulders and back of the neck.



Encourage your child to wear a hat with a wide brim that shades the face and the back and sides of the head. A straw boater or sun hat is ideal, but a baseball cap can also provide useful protection.



Use a high factor sunscreen, minimum SPF15. Cover exposed parts of your child's skin and use waterproof sunblock if your child is swimming. If in doubt ask your local pharmacist for advice. Sunscreen should not be the main method of protection. It is expensive, requires frequent re-application and is not fully protective.

