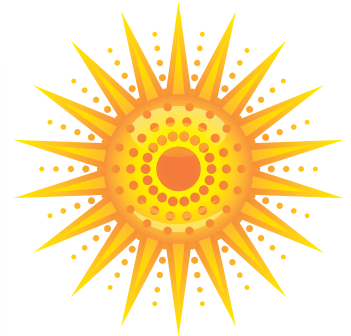


# Babies, Children and Sun Safety:

## *Be Sun Safe*

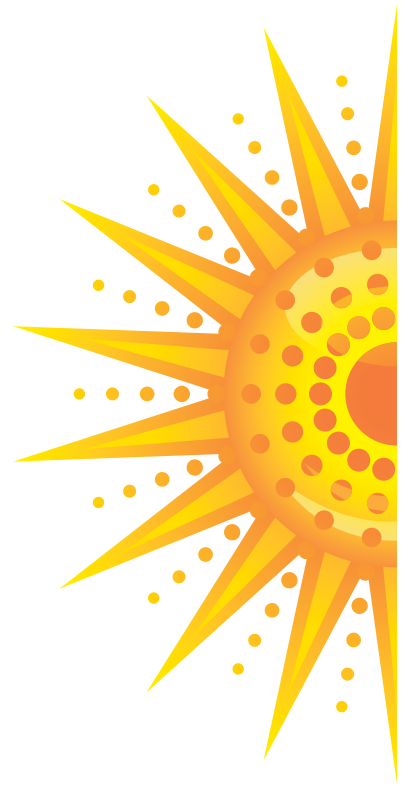


Anyone born today has a one in six chance of developing skin cancer in his or her lifetime. One bad sunburn in childhood can increase the risk of developing skin cancer later in life. Protect yourself and your family by following the Canadian Cancer Society's Sunsense Guidelines:

- ☀ Reduce sun exposure between 11 a.m. and 4 p.m. or when the UV Index is 3 or more.
- ☀ Seek shade or create your own shade. Keep babies protected in a covered stroller or look for shaded areas under trees or an umbrella when outside.
- ☀ Cover up! Choose clothes that cover your child's arms and legs. Choose a wide-brimmed hat and UVA and UVB protective sunglasses. Clothes that are sheer or wet offer little protection from the sun.
- ☀ Apply sunscreen and lip balm with SPF 15 or higher at least 20 minutes before going outside. Reapply frequently, at least every two hours and after swimming.
- ☀ Keep babies under one year out of direct sunlight. Babies need extra protection because their skin is very sensitive and will burn easily.

# Sun Safety Message For Parents

- ☀ Children are at increased risk from exposure to reflected UV rays due to their size. Be aware that the sun's harmful rays can bounce back from sand, water, concrete and snow.
- ☀ Choose water-resistant or waterproof sun screen products if your child is playing in the water. Remember to reapply sunscreen when out of the water.
- ☀ Do not use sunscreen on babies under six months old. Instead, combine protective clothing, a wide-brimmed hat and shade to protect them.
- ☀ Before applying sunscreen all over your child, first test for an allergic reaction. Apply it to a small patch of skin on the inner forearm for several consecutive days. If the skin turns red or otherwise reacts, change products and test again.
- ☀ If your child is on medication, check with your doctor before going out into the sun. Adverse reactions to sunlight can be a side effect of various medications.
- ☀ Listen for Environment Canada's UV Index and take appropriate sun safety precautions.
- ☀ Reinforce and role-model sun safety practices everyday. Children will copy your behaviour.



**For more information on sun safety, contact York Region Health Connection at 1-800-361-5653 (TTY: 1-866-252-9933) or visit [www.york.ca](http://www.york.ca)**

*References:*  
*Protect babies from the sun! Canadian Dermatology Association, 2009*  
*Sun safe tips for parents! Canadian Dermatology Association, 2009*  
*Ultraviolet radiation and human health, World Health Organization, 2010*

*Adapted from:*  
*Sunsense guidelines, Canadian Cancer Society, 2009*  
*Causes of melanoma, Canadian Cancer Society, 2009*  
*Babies, children and sun safety, Health Canada, 2007*