



Children and Sun Safety

Children generally spend more time outside than adults. Because of this, all children should be protected from overexposure to the sun's rays. Protecting children from the sun reduces their lifetime risk of developing skin cancer.

What you can do as parents and caregivers of children:



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- Keep babies under one year of age out of direct sunlight. This will also prevent dehydration and sunstroke. Keep them protected in a covered stroller, under an umbrella or in the shade.
- Keep toddlers and children out of the sun during the peak hours of 11 a.m. to 4 p.m. when the UV index is 3 or higher.
- Send children to participate in outdoor activities in a wide-brimmed hat, protective clothing and minimum SPF 15 sunscreen. Remember to cover shoulders and necks as these can get easily burned.
- Sunscreen should be applied 20 minutes before going outside. Reapply often remembering to cover ears, nose, cheeks and tops of feet.
- Do not apply sunscreen around a child's eyes as it may sting and burn. Instead, protect the eyes with a hat and/or sunglasses. Wraparound sunglasses of good quality are recommended.
- If children are playing in or near water, make sure they wear a waterproof sunscreen. (SPF 15 or higher). Reapply often for good coverage. Make sure they have dry clothing after playing in water as wet clothing can lose up to half of its UV protection.
- Do not use baby oil as a moisturizer before your child goes outside. The oil will make the effect of the sun stronger and may cause your child to burn faster.



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- Look at providing more shade in the form of trees and structures in the children's play area.

**Set a good example. Be a role model.
If you practise sensible sun habits,
the children in your care will too.**