

FAMILY FOCUS

Fun in the Sun!

Keep your family safe this summer by following these tips from the American Academy of Pediatrics (AAP).

Babies under 6 months:

- The two main recommendations from the AAP to prevent sunburn are to avoid sun exposure and to dress infants in lightweight long pants, long-sleeved shirts, and brimmed hats that shade the neck to prevent sunburn. However, when adequate clothing and shade are not available, parents can apply a minimal amount of sunscreen with at least 15 SPF (sun protection factor) to small areas, such as the infant's face. If an infant gets a sunburn, apply cool compresses to the affected area.

For All Other Children:

- The first, and best, line of defense against harmful ultraviolet radiation (UVR) exposure is covering up. Wear a hat with a three-inch brim or a bill facing forward, sunglasses (look for sunglasses that provide 97% -100% protection against both UVA and UVB rays), and clothing with a tight weave.

- Stay in the shade whenever possible, and limit sun exposure during the peak intensity hours - between 10 a.m. and 4 p.m.
- On both sunny and cloudy days use a sunscreen with an SPF 15 or greater that protects against UVA and UVB rays.
- Reapply sunscreen every two hours or after swimming or sweating.
- Use extra caution near water and sand (and even snow!) as they reflect UV rays and may result in sunburn more quickly.

For more tips on sun and water safety, visit www.healthychildren.org

Source: www.aap.org/en-us/about-the-aap/aap-press-room/news-features-and-safety-tips/Pages/Sun-and-Water-Safety-Tips.aspx



Do you know somebody interested in becoming a child care provider?

Have them call their local Child Care Resource & Referral Agency at 1-855-750-3343 for more information!