



Sun, babies and toddlers

The sun's radiation

- As well as the light you can see, the sun contains UV radiation which you can't see.
- The sun is strongest between the hours of 11am and 4pm during daylight saving months.
- UV radiation in this strong sunlight can burn a young child's delicate skin.
- UV radiation penetrates light cloud, so can burn just as badly on overcast days.
- Sunburn can also occur in the shade. This is because UV radiation is scattered in the atmosphere and is also reflected by concrete, water and sand.
- Dress your child in a broad-brimmed hat and close-woven clothing which covers the arms, shoulders and legs
- Beware of putting babies under light coverings/ umbrellas that may let sun through.

Strong sunlight

- A child's skin can burn in a few minutes.
- This burning can cause damage which builds up over the years.
- This leads to premature ageing of the skin, and possibly skin cancer later.

How much sun is safe?

- A small amount of gentle sunlight is good for growing children.
- Sunlight is gentle in the early morning and late afternoon during the summer months and at most times during winter.

Cover up between 11am and 4pm

The sunburn danger time is between 11am and 4pm in the daylight saving months when the sunlight is strong. At this time try to:

- Keep your child out of strong sun as much possible. Indoors, or in the shade is best
- When outdoors drape a cloth over your baby's pram or play area

What about sunscreen?

- A hat and clothing are the best sun protection.
- Be cautious about using sunscreen on babies under one year. (It's best to keep your baby out of strong sunlight).
- However, if there is a risk that your baby might be sunburned, use sunscreen on areas of skin not covered by clothing.
- If toddlers have to be in the sun, use sunscreen on uncovered skin.

Which sunscreen is best?

- Use an SPF30+, broad spectrum sunscreen which complies to AS/NZS2604 sunscreen standard.
- Choose a sunscreen without fragrance to help avoid skin irritations.
- A young child may be allergic to sunscreen, so test it first on a small area of skin.
- A zinc stick is useful for your child's nose, cheeks and lips.
- Use water resistant sunscreen when your child is swimming or playing in water.

Using sunscreen

- Follow the manufacturer's instructions.
- Re-apply the sunscreen every two hours, or more frequently if it is rubbed or washed off.

Remember: Your children depend on you to protect them from the sun.