



Dermatologists
Your **SKIN**experts
Les dermatologues
vos **spécialistes** de la PEAU
Canadian Dermatology Association
Association canadienne de dermatologie

Teaching pre-schoolers SUN SAFE play, everyday!

Lifestyle habits usually start at a young age. Here are some great ways to teach children the importance of safe sun play and how to protect themselves from harmful UV rays.



Here are some tips for DAYCARES:

Try to schedule outdoor play time before 11 a.m. or after 4 p.m. If the children must be outdoors, make sure they are properly protected with SPF 30 sunscreen, long sleeves, hats and sunglasses.

When playing outside, seek shade wherever possible. Teach children to look for their shadows as an indication of the sun's strength: If your shadow is shorter than you are, it's time to find some shade!

Show the Canadian Dermatology Association's educational video "Sun Safe Play, Everyday", on a regular basis, as a constant reminder for the children of the dangers of UV rays and how to protect themselves.

Encourage parents to provide you with written permission to apply sunscreen to their children, and invite them to provide their own bottles. Keep a shelf near the door with all the sunscreen bottles, labelled individually for each child, to act as a constant reminder to children of the importance of applying sunscreen before going outside.

Teach children how to find the UV index on the weather station and create a chart at the daycare or school to show what the daily UV index should be.

Remember sun protection is needed whenever the UV Index is 3 or greater.

For additional information go to: www.dermatology.ca

