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Canadian Dermatology Association  
Association canadienne de dermatologie

# Sun Safe Tips for Parents!

The most harmful effects of sun exposure occur during childhood.

Cloudy days are no exception! Up to 80% of the sun's rays can penetrate light clouds, mist and fog.

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



## Here are some tips for PARENTS:

Protect your child from the sun with comfortable long shirts and pants to cover most of your child's body, wide-brimmed hats and sunglasses.

Apply sunscreens liberally to your child's skin at least 15-30 minutes before going outside. Choose a sunscreen that protects against UVA and UVB, with SPF 30 or higher, and look for products carrying the Canadian Dermatology Association's logo.

Try to avoid the sun during the peak hours of 11 a.m. to 4 p.m. Children with fair skin, who usually burn and never tan when out in the sun, or kids with blonde or red hair, freckles, or many moles, are at greatest risk of sun damage.

Teach your children how to identify shade (made by trees, buildings, porches) and urge them to seek it out: If your shadow is shorter than you are, it's time to get under some shade!

Swimmers should use waterproof sunscreens, formulated to stay on in water for up to 80 minutes.

For children allergic or intolerant to the chemicals in sunscreens, use products labelled "chemical-free". These usually contain ingredients such as titanium dioxide and zinc oxide and are much less likely to cause a reaction.

**TEACH BY EXAMPLE AND PRACTICE WHAT YOU PREACH.**

For additional information go to: [www.dermatology.ca](http://www.dermatology.ca)

