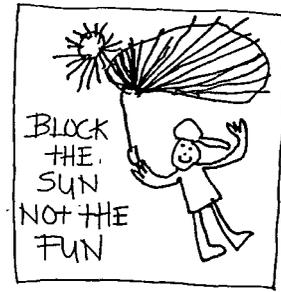


Block the Sun, Not the Fun Preschool/Child Care Center Project

Lori A. Crane, Ph.D., M.P.H., Principal Investigator



Materials for preschool/child care center staff include:

1. Workshop agenda
2. Faculty list
3. Presentation on the sun and skin cancer
4. Presentation on Colorado DHS Childcare Licensing Regulations related to sun protection
5. Action Plan Worksheet
6. Activity Packet for Child Care Centers and Preschools

Materials for parents include:

1. Letter to parents from project
2. Skin Cancer Prevention Begins in Childhood flyer
3. Activities for Parents and Children
4. (We also gave out copies of two written materials developed by others: ACS "Colorado Don't Get Burned" Skin Cancer Prevention Quiz for Children" and Skin Cancer Foundation "For Every Child Under the Sun")

[For Workshop Faculty Only]

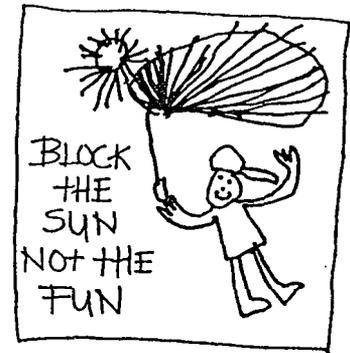
SKIN CANCER PREVENTION PROGRAM

Workshop for Daycare Center/Preschool Staff

Agenda

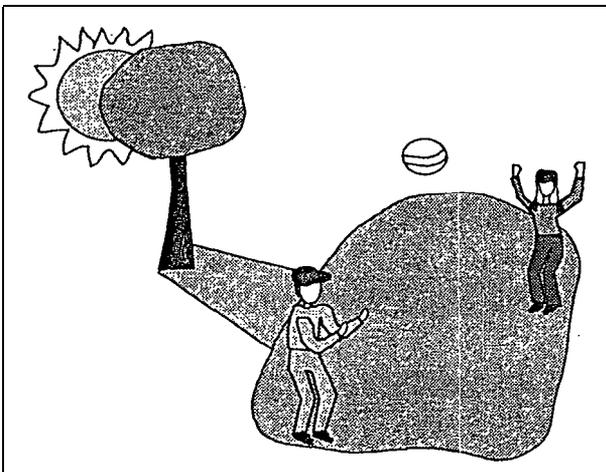
- (20 minutes)
- I. **Welcome & Overview** (Lori Crane)
Introductions (Lori Crane)
Activity: Snowball (Laurie Schneider)
- (20 minutes)
- II. **Presentation: What's the Association Between Exposure to the Sun and Skin Cancer?** (Dr. Yohn or Dr. Morelli)
(Slide presentation. Participants are encouraged to ask questions, or to write questions on an index card and pass them up front.)
- (15 minutes)
- III. **Discussion: What does the Department of Social Services Say About Using Sunscreen?** (Dana Andrews)
(DSS policy on sunscreen, and sun protection put on overhead. After reviewing policy, Dana responds to questions that participants write on index cards and other questions that may come up.)
- (20 minutes)
- IV. **Activity: "Ideal" Skin Cancer Prevention Practices at Day Care Centers** (Laurie Schneider)
- **Barriers**
 - **Feasible and realistic ways to overcome barriers?**
- (Participants will break up into small groups - not with people from their own center - and brainstorm "ideal skin cancer prevention practices", practical barriers to this ideal, and some feasible and realistic ways to overcome these barriers. Results will be shared with group.)

SKIN CANCER PREVENTION BEGINS IN CHILDHOOD



Did you Know?

- Damage from the sun begins in early childhood.
- Sun damage can lead to skin cancer.
- A single severe sunburn in childhood doubles the chances for melanoma, the most deadly form of skin cancer.



4. Use sunscreen on uncovered areas of the body.
 - Use sunscreen with a number 15 or more SPF (sun protection factor).
 - Put on sunscreen about 1 hour before going out in the sun. Put more sunscreen on every two hours, or after swimming or perspiring.
 - Use sunscreen on cloudy days and in the winter too, especially when, there is snow on the ground! You can get a sunburn anytime during the year.

What You Can Do

1. Keep children out of the sun in the middle of the day (from 10:00am - 3:00pm) when the sun's rays are the strongest.
2. Increase the amount of shade in play areas with trees and patio covers.
3. Dress children in hats, long sleeved shirts, and long pants when playing in the sun.

Babies Need Special Care



- ☐ Keep infants under 6 months in the shade all of the time.
- ☐ Put hats, pants, and long sleeve shirts on your baby when he or she is out in the sun.
- ☐ Begin using sunscreen at 6 months old, when your baby begins to crawl out of the shade.