



# Kaiser Kids Sun Care Program

KAISER PERMANENTE

VOL. 1, NO. 1

## Protection Tips For The 2 Month Old



### Skin Cancer Is On The Rise!

Skin cancer has greatly increased in the last 40 years. Why? People are spending more time in the sun, and wearing less clothing when they do!

Also, the ozone layer around the earth is decreasing because of pollution. Ozone helps to protect the earth's surface from the harmful effects of the sun.

### Childhood Sunburns Can Lead To Adult Skin Cancer

Studies have found that just one severe sunburn during childhood can double a person's chances as an adult of getting malignant melanoma, the deadliest form of skin cancer.

### Babies Get Sunburned Easier Than Adults

Babies can't protect themselves from the sun. You need to protect them. Your infant cannot cover herself or move out of the sun. She will not alert you that the sun is causing harm until it is too late.

A bad sunburn can cause dehydration, fever, faintness, delirium, shock, low blood pressure, and irregular heartbeat. It can also cause skin cancer later on.

Call your doctor if your infant gets a severe sunburn with blisters.

### Be Careful Of Reflected Light

Sunlight bounces off sand, snow, water, and cement. Reflected sunlight can be almost as strong as direct sunlight. Be careful to cover your baby to protect him from bouncing sunrays!

## WHAT SHOULD YOU DO?

- Keep your baby out of the sun as much as possible.
- Cover your baby with clothing or light blankets when outside.
- Keep a hat on your baby when outside.
- Use a carriage or stroller with a hood.
- Don't use sunscreen until your baby is 6 months old.



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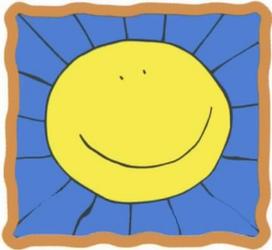
# Kaiser Kids Sun Care Program

KAISER PERMANENTE

VOL. 1, NO. 2

## Protection Tips For The 4 Month Old

### People In Colorado Are At Greater Risk For Skin Cancer



Too much sunlight hurts skin and causes skin cancer.

People in Colorado get more sunlight because of the high altitude. Also, Colorado's sunny climate means more days of strong sunlight.

Studies have shown higher rates of skin cancer in Colorado than in the rest of the United States.

### Sunlight Is Strongest In The Middle Of The Day

The sun is most intense between about 10 in the morning and 3 in the afternoon. You should avoid taking your baby outside during this time of day.

If you go out during midday, remember to cover your baby with clothing and a hat.

A lightweight, tightly woven blanket can be used in place of clothes to cover your baby.

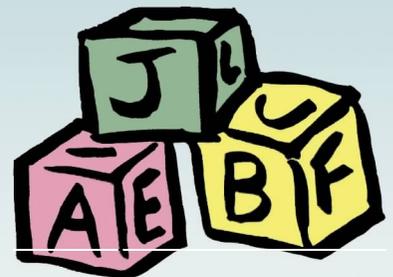
### Hats! Hats! Hats!

Hats provide good protection from the sun. Hats that shade your child's eyes, face, nose, ears, and neck are the best. Wide-brimmed hats and hats with flaps that cover the ears and neck are especially good. But, wearing any hat is better than wearing no hat.

Sometimes it's hard to keep a hat on your child. Hats with ties are easier to keep from falling or being pulled off. Your child will accept hats better if you get her used to them at an early age. Also, if you wear a hat, your child will be more likely to wear hers.

## WHAT SHOULD YOU DO?

- Plan outdoor activities for before 10 am and after 3 pm.
- Keep your baby out of the sun as much as possible.
- Cover your baby with clothing or light blankets when outside.
- Keep a hat on your baby when outside.
- Use a carriage or stroller with a canopy or hood.
- Don't use sunscreen until your baby is 6 months old.





# Kaiser Kids Sun Care Program

KAISER PERMANENTE

VOL. 1, NO. 3

## Protection Tips For The 6 Month Old

### Use Sunscreen Too!



Once your baby is six months old, sunscreen should be used in addition to

limiting time in the sun, staying in the shade, and covering up with clothes and hats. It should not be used in place of these other methods! Avoiding the sun is the best way to protect your baby.

Use sunscreen on your baby's face, scalp, ears and neck, and any other parts that are hard to keep covered. Do not put it on your baby's hands. Also, avoid contact with the eyes and eyelids.

Use enough sunscreen to coat all of your baby's exposed skin. Rub it in well. If your baby is squirmy, apply sunscreen to your hands first, rather than squirting it directly on your baby.

### Use Sunscreen Early And Often

Sunscreen works best when it has time to soak into your baby's skin. Put sunscreen on

about 30 minutes before you take your baby outside.

Sunscreen wears off over time. Reapply sunscreen every two hours, and more often if your baby is playing in water.

Remember, sunscreen should only be used to protect your baby from sunlight you cannot otherwise avoid. Don't leave your baby in the sun!

### There Is A Sunscreen That Is Right For Your Child

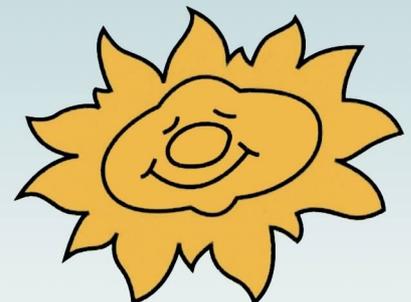
There are dozens of sunscreens on the market. Which one should you use?

The most important thing to look for is the sun protection factor (SPF). The SPF should be at least 15. An SPF of 30 or 45 is even better. Sunscreens that are more expensive are not necessarily better.

Sunscreens differ in active ingredient, greasiness, water resistance, and smell. If your child gets a rash from a sunscreen, don't give up. Just try another kind. If a rash occurs to a second sunscreen, ask your health care provider for advice.

## WHAT SHOULD YOU DO?

- Start using sunscreen with an SPF of 15 or higher when your baby is 6 months old.
- Cover your baby with clothing or light blankets when outside.
- Keep a hat on your baby when outside.
- Use a carriage or stroller with a hood.
- Limit time in the sun, and avoid outdoor activities between 10 am and 3 pm.





# Kaiser Kids Sun Care Program

KAISER PERMANENTE

VOL. 1, NO. 4

## Protection Tips For The 12 Month Old

### Your Natural Skin Color Is Best!



People are born with different amounts of color in their

skin. Darker skin has more natural protection from the sun. Most people will get darker after spending time in the sun. This is a response to sun damage.

Suntanned skin is not a sign of good health. It is a sign of skin damage.

Regular tanning puts your child at risk of getting skin cancer. It also causes wrinkles and spots on the skin. Avoid tanning! Your child's natural skin color is best for her.

### What Should Your Child Wear?

Tightly woven, lightweight, cotton clothing provides excellent protection from the harmful effects of the sun. Your child

should wear clothing that covers his trunk, arms and legs.

Many parents worry that their child will be too hot in long clothing. Lightweight, loose fitting, cotton clothing can actually be cooler than bare arms and legs, because it shades the skin from the sun.

### Sunglasses For Kids?

It's also important to protect your child's eyes from the sun. Cataracts are usually caused by too much sun.

When you are choosing sunglasses for your child, look for a label that shows that the glasses block 100% of UV (ultraviolet) light. Be careful of toy sunglasses. These have tinted lenses, but they do not block the sun's harmful rays. They might actually be worse than no eye protection. This is because the pupils of the eyes open up, and more unblocked UV light enters the eyes.

## WHAT SHOULD YOU DO?

- Cover up your child with lightweight clothing when outside.
- Keep a hat on your child when outside.
- Use sunscreen with an SPF of 15 or higher.
- Use a stroller with a hood.
- Limit time in the sun, and avoid outdoor activities between 10 am and 3 pm.



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# Kaiser Kids Sun Care Program

KAISER PERMANENTE

VOL. 1, NO. 5

## Protection Tips For The 18 Month Old

### Avoid The Midday Sun



The sun is most intense between 10 in the

morning and 3 in the afternoon. Plan outdoor activities for early and late in the day. Plan indoor activities for midday to avoid peak sun hours.

When you go out, remember to cover your child with a hat and clothing that covers his whole body. Apply sunscreen to uncovered parts of your child's skin.

### Create Shade

Try to find shade when your child is outside in the middle of the day. Trees and the shadows of buildings give natural relief from the sun.

Create shade in your yard so your child will always have a protected place to play. Plant trees, put up umbrellas, or build patio covers. Place your child's

sandbox and other toys in the shade. Also, if you sit in the shade while your child is playing, your child will be likely to stay in the shade too.

### Talk To Your Daycare Provider About Sun Protection

If your child attends daycare, find out what policies they have about sun protection. Many daycare centers in Colorado have written guidelines.

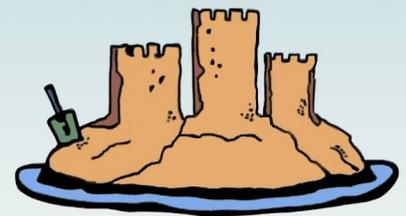
Ask your daycare provider what time of day your child will go outside and how long she will spend in the sun. Ask whether the daycare provider will put sunscreen on your child, or if you will have to do it before you drop her off.

Encourage your daycare provider to plan indoor activities for the middle of the day.

Suggest that the daycare center add shade structures, like trees, umbrellas, or patio covers.

## WHAT SHOULD YOU DO?

- Limit time in the sun, and avoid outdoor activities between 10 am and 3 pm.
- Stay in the shade.
- Keep a hat on your child when outside.
- Cover up your child with lightweight clothing when outside.
- Use sunscreen with an SPF of 15 or higher.
- Use a stroller with a hood.





# Kaiser Kids Sun Care Program

KAISER PERMANENTE

VOL. 1, NO. 6

## Protection Tips For The 24 Month Old

### Talk To Your Child About Sun Protection!



Your child is old enough to start learning about sun

protection. Lifelong habits begin in early childhood, and it is your job as a parent to make sure the habits are good.

When you are putting sunscreen on your child, talk to him about how important it is to keep his skin protected from the sun. Talk about how hats keep the sun off our heads, face, ears and shoulders. Explain that he will be cooler if he wears lightweight, long pants and shirts that keep the sun from touching his skin.

Just as you train your child to brush her teeth and wash her

hands, you should teach her to use sunscreen. Just as you warn your child not to run into the road, you should caution your child about playing in the sun without protection.

### Set A Good Example

Your child is a natural born learner, and you are her best teacher! She watches what you do. Protect yourself from the sun, and so will she.

Set a good example by your choice of a hat, clothing, wearing sunscreen, and staying in the shade.

## WHAT SHOULD YOU DO?

- **Begin teaching your child about protection from the sun.**
- **Set an example for sun protection.**
- **Limit time in the sun, and avoid outdoor activities between 10 am and 3 pm.**
- **Stay in the shade.**
- **Cover up your child with lightweight clothing when outside.**
- **Keep a hat on your child when outside.**
- **Use sunscreen with an SPF of 15 or higher.**





# Kaiser Kids Sun Care Program

KAISER PERMANENTE

VOL. 1, NO. 7

## Protection Tips For The 36 Month Old

### Provide Your Child With Sun Safety Gear



When your child goes out, provide her with a wide-brimmed

hat, sunglasses, SPF 15+ sunscreen, and lipbalm in her backpack. Teach your child that it's important to always have these things with her.

Remind your child to use her sun safety gear every day. Your child can start practicing putting sunscreen on herself, but you should watch to make sure she does a good job.

### Make Sun Protection A Family Habit!

As a parent, protecting your family from skin cancer is something you can do every day. The decisions you make daily - about what clothes your children wear or the activities they do - are

ways you can keep your family's skin healthy and cancer-free. Make sun protection a daily habit for the whole family, like brushing teeth.

As your child grows older, your family activities will change. Always beware of the sun! Remember that sand, water, cement, and especially snow, reflect sunlight. This can double the chances of getting a sunburn!

Also be careful on cooler, cloudy days. Sunlight travels through clouds, and you don't have the warmth of the sun to remind you to cover up! People are often surprised when they get sunburned on cloudy days.

Having fun together is an important part of being a family! When your family is having fun outdoors, remember these rules: cover-up, find shade, avoid the sun in the middle of the day, and use sunscreen.

## WHAT SHOULD YOU DO?

- **Teach your child about protecting herself from the sun.**
- **Set an example for sun protection.**
- **Limit time in the sun, and avoid outdoor activities between 10 am and 3 pm.**
- **Stay in the shade.**
- **Cover-up your child with lightweight clothing when outside.**
- **Keep a hat on your child when outside.**
- **Use sunscreen with an SPF of 15 or higher.**

