



Kaiser Kids Sun Care Program

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You can teach your child good sun protection habits at home. Here are some fun activities that you can do with your child.

- ❖ Watch an animal on a hot day. What does it do? Does it rest in the sun or the shade? When it's hot, most animals will rest in the shade and out of the sun
- ❖ Have a "shade party". Bring out games or activities you can do in the shade with your child. For lunch, have a picnic in the shade.
- ❖ Pretend...Have your child take his or her favorite stuffed animal outside to play. Pretend that it needs to be protected from the sun just like your child does. What should you bring to protect it from the sun?
- ❖ Go exploring around your house or yard with your child and find all the places to play-outside and be in the shade. Try to find as many places as you can.
- ❖ Have your child draw pictures of children who are protecting themselves from the sun. Encourage your child to put hats and long clothing on the children, and add trees and umbrellas (for shade) to the picture.
- ❖ Do an experiment. Leave a newspaper in a sunny location for a few days. Place another newspaper in a dark place like a closet. After 3-4 days compare the difference in color. Is one lighter than the other? Why? Explain that things like newspapers cannot protect itself from the sun, but living things can.
- ❖ You can be a great role model for your child. Next time your family goes on an outing (picnic, swimming, zoo, etc.) make it a "hat day" and have everyone wear a hat.
- ❖ Help your child think of some things he or she can do to protect his or her face and shoulders from the sun. Some good ideas are playing in the shade, wearing a long sleeved cotton shirt, and wearing sunscreen.
- ❖ Be your child's "sunscreen buddy". Sunscreen buddies can help each other put sunscreen on and remind each other to use sunscreen.