

IMPLEMENTATION GUIDE

Sun Protection for Early Childhood

*Using an Evidence-Based Program to develop
a process model for program delivery in the practice setting*

Note: Refer to “Putting Public Health Evidence in Action”. Review the appropriate Modules and the handouts provided in each, in order to modify and evaluate this program to meet the needs of your organization and audience.

“Putting Public Health Evidence in Action” is available online at:

<http://cpcrn.org/pub/evidence-in-action/>

I. Program Administration (Type of Staffing and Functions Needed)

Nurse, school nurse, physician’s office assistant, or Head Start or Early Head Start program administrator

- Make materials available to caregivers of children aged 2–6 years old.
- Place materials on the program’s website to be downloaded by caregivers.

Administrative assistant

- Send text messages to the caregiver weekly, typically during the summer. (The time of year will vary, depending on the climate where implementation takes place. Implementation can occur any time of year when the conditions present potentially harsh sun exposure.)

II. Program Delivery

For additional information on modifying program materials, refer to the appropriate Module(s) for program adaptation from “Putting Public Health Evidence in Action”.

A. Program Materials (*All listed materials can be viewed and/or downloaded from the RTIPs Products Page*):

- **Protocol for Sun Protection:** This 1-page document provides implementation guidance and the rationale for implementing a sun safety program among young children.
- **Read-Along Book (English version):** The book is titled “Paco’s First Trip to the Waterpark: Learn How To Be Sun Safe.” This 13-page book is written for the child and caregiver to read together. Each page has activities to engage the child. The final page has a shopping list of sun gear the caregiver should obtain.

- **Read-Along Book (Spanish version):** This version of the book, “El Primer Viaje de Paco al Parque Acuatico,” is written in Spanish.
- **Bright Futures 2.5 Year Handout (optional):** This 1-page handout provides guidelines on raising a young child and is typically distributed to families with children who are 2½ years old. The specific topics are water safety, communication, and getting ready for preschool.
- **Bright Futures 5–6 Year Handout (optional):** This 1-page handout provides guidelines on raising a school-age child and is typically distributed to families with children who are 5 and 6 years old. The specific topics are healthy teeth, getting ready for school, and various aspects of safety.

B. Program Implementation:

The steps used to implement this program are as follows (these steps reflect a typical summer implementation):

Step 1: In early May, the nurse distributes the read-along book in the appropriate language and the optional Bright Futures 2.5 Year Handout or 5-6 Year Handout.

Step 2: In mid-May, the administrative assistant has the text messaging service schedule the four text messages to be sent to caregivers. The first text message, scheduled to be sent in May, reads, “Did you receive the book? Did you read the book with your child? Yes No”

Step 3: The administrative assistant has the second message sent 2 weeks following Memorial Day (the traditional start of summer and opening of pools). The text message says, “During the past week, did your child regularly wear a hat for sun protection? Yes No”

Step 4: In early June, the administrative assistant has the third text message sent. It says, “During the past week, did your child regularly wear a swim shirt for sun protection? Yes No”

Step 5: In late June, the administrative assistant has the fourth text message sent. It says, “During the past week, did your child regularly apply sunscreen? Yes No”

III. Program Evaluation

For additional information on planning and adapting an evaluation, review the appropriate Modules for program implementation and evaluation from “Putting Public Health Evidence in Action”.

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