

SUN SAFE

C O L O R A D O

Live it!

PROTECTION TIPS FOR THE 12 MONTH OLD

Your Baby's 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.

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 later in life. It also causes wrinkles and spots on the skin. Avoid tanning! Your child's natural skin color is best for her.

Sunglasses For Kids?

It's also important to protect your child's eyes from the sun. Cataracts can be 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 Your Child Wear?

Tightly woven, light-weight 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. Light-weight, loose-fitting cotton clothing can actually be cooler than bare arms or legs, because it shades the skin from the sun.

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What Should You Do?

- Cover up your child with light-weight clothing when outside.
- Keep a hat on your child when outside.
- Use two coats of 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 4 pm.

