

SUN SAFE

C O L O R A D O

Live it!

PROTECTION TIPS FOR THE 18 MONTH OLD

Avoid the Midday Sun Create Shade

The sun is the most intense between 10 in the morning and 4 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.

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 Childcare Provider about Sun Protection

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

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

Encourage your childcare provider to plan indoor activities for the middle of the day. Suggest that the childcare center add shade structures, like trees, umbrellas, or patio covers.



SUNSAFECOLORADO.ORG

What Should You Do?

- Limit time in the sun, and avoid outdoor activities between 10 am and 4 pm.
- Keep your child in the shade.
- Keep a hat on your child when outside.
- Cover up your child with light-weight clothing when outside.
- Use two coats of sunscreen with an SPF of 15 or higher.
- Use a stroller with a hood.

