

SUN SAFE

C O L O R A D O

Live it!

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, faces, ears and shoulders. Explain that he will be cooler if he wears light-weight 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 and clothing, wearing sunscreen, and staying in the shade.

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What Should You Do?

- Begin teaching your child about protection from the sun.
- Set an example for sun protection.
- Stay in the shade.
- 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.
- Don't limit your child's outdoor activities, but do plan these activities for sun safe times of day - before 10 am and after 4 pm.

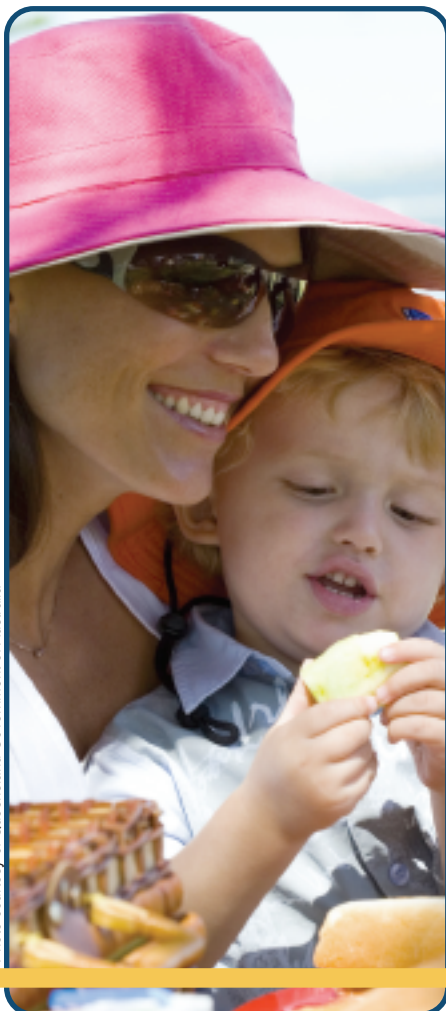


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