

SUN SAFE

C O L O R A D O

Live it!

PROTECTION TIPS FOR THE 36 MONTH OLD

Provide Your Child With Sun Safety Gear

When your child goes out, provide her with a wide-brimmed hat, sunglasses, SPF 15+ sunscreen, and lip balm in her backpack. Teach your child that it's important to always have these things with her.

Remind your child to use her sun safety gear every day. Your child can start practicing putting sunscreen on herself, but you should watch to make sure she does a good job.

Make Sun Protection A Family Habit!

As a parent, protecting your family from skin cancer is something you can do every day. The decisions you make daily – about what clothes your children wear or the activities they do – are ways you can keep your family's skin healthy and cancer-free. Make sun protection a daily habit for the whole family, like brushing teeth.

As your child grows older, your family activities will change. Always beware of the sun! Remember that sand, water, cement and especially snow, reflect sunlight. This can double the chances of getting a sunburn!

Also be careful on cooler, cloudy days. Sunlight travels through clouds, and you don't have the warmth of the sun to remind you to cover up! People are often surprised when they get sunburned on cloudy days.

Having fun together is an important part of being a family! When your family is having fun outdoors, remember these rules: cover-up, find shade, avoid the sun in the middle of the day, and use sunscreen.



Photo courtesy of Queensland Government of Australia

What Should You Do?

- Teach your child about protecting herself 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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