

# SUN SAFE

C O L O R A D O

Live it!

## PROTECTION TIPS FOR THE 6 MONTH OLD

### Use Sunscreen Too!

Once your baby is six months old, sunscreen should be used in addition to limiting time in the sun, staying in the shade, and covering up with clothes and hats. It should not be used in place of these other methods! Avoiding the sun is the best way to protect your baby.

Use sunscreen on your baby's face, scalp, ears and neck, and any other parts that are hard to keep covered. Avoid contact with the eyes and eyelids.

Use enough sunscreen to coat all of your baby's exposed skin. Rub it in well. If your baby is squirmy, apply sunscreen to your hands first, rather than squirting it directly on your baby.



### Use Sunscreen Early & Often

Sunscreen works best when it has time to soak into your baby's skin. Put sunscreen on about 30 minutes before you take your baby outside. Just like when you paint your house, you need two coats of sunscreen to really make sure you're covering the skin.

Sunscreen wears off over time. Reapply sunscreen every two hours, and more often if your baby is playing in water. Remember, sunscreen should only be used to protect your baby from sunlight you cannot otherwise avoid. Don't leave your baby in the sun!

### There Is A Sunscreen That Is Right For Your Child

There are dozens of sunscreens on the market. Which one should you use?

The most important thing to look for is the sun protection factor (SPF). The SPF should be at least 15. An SPF of 30 or 45 is even better. Sunscreens that are more expensive are not necessarily better. ALWAYS apply two coats for better protection.

## What Should You Do?

- Use sunscreen with an SPF of 15 or higher.
- Cover your baby with clothing or light blankets when outside.
- Use a carriage or stroller with a hood.
- Limit time in the sun, and avoid outdoor activities between 10 am and 4 pm.

