

July is Sun Safety Month

The summer sun can feel so good, but as Floridians we all know that the sun is not always safe. This issue of MLC Family Minutes is designed to highlight the ways to help you create healthy habits for sun protection.

When should I start applying sunscreen to my child?

A baby's skin is more vulnerable to burns but also a higher risk of rash as a side effect of the sunscreen. According to the FDA, American Academy of Pediatrics and the Mayo Clinic, sunscreen should not be applied to children who are less than 6 months old. For those who are at least 6 months old, choose a broad-spectrum sunscreen with an SPF of at least 30. To avoid eye and skin irritation, look for a sunscreen that contains zinc oxide or titanium dioxide. If planning prolonged sun or water exposure re-apply every two hours.

<https://www.mayoclinic.org/healthy-lifestyle/infant-and-toddler-health/expert-answers/baby-sunscreen/faq-20058159>

Who needs sunscreen?

Everyone, regardless of skin tone. Just one blistering sunburn during childhood could double your child's risk of melanoma!

What to Wear

Keep in mind that the best sunscreen is clothing. When planning a day or even a few hours in the sun it is best to select clothing that is designed as UV protective and other gear that will protect against UV rays. The skin around the eye is overly sensitive. Children should start wearing sunglasses as young as 6 months. Also consider brimmed hats and do not forget the lip balm with SPF!

<https://intermountainhealthcare.org/blogs/topics/pediatrics/2018/05/better-than-sunscreen-dress-your-kids-in-uv-protective-clothing/>



MLC July Family Minutes

A resource from our family to yours



PROTECT YOURSELF IN FIVE WAYS FROM SKIN CANCER



Signs of too much sun!

Children do not stop when having fun. It is important to monitor your child's water intake while they play. Children dehydrate quickly. Signs of dehydration are heat cramps, heat exhaustion and even possible heat stroke. Watch for thirst, fatigue, complaint of leg and stomach pains, dizziness, vomiting, nausea, and headaches.

<https://www.webmd.com/children/dehydration-heat-illness>

Healing a Sunburn

- Have your child take a cool (not cold) bath or cool compresses.
- Offer them lots of fluids.
- Keep them out of the sun until the burn heals.
- Apply moisturizer or aloe gel.
- Consider ibuprofen for the pain.

Fun Family Book

Our book this month is *George the Sun Safe Superstar* by Chantal Fionda and Kathryn Clifford.

This is a story of how a boy became known by an incredibly special name. How he spread a message near and far and became a Sun Safe Superstar helping children learn about the importance of sun safety in a fun engaging way.

<https://www.skcin.org/downloads/georgeTheSunSafeSuperstar.pdf>



How to be safe in the sun

1. Seek out shade.
2. Wear a hat with a large brim.
3. Wear sunglasses.
4. Wear UV-protective clothing.
5. Avoid the 12n-2pm hours outdoors.

Resources

<https://www.fda.gov/consumers/consumer-updates/should-you-put-sunscreen-infants-not-usually>

<https://www.parents.com/kids/safety/outdoor/sun-care-basics/>

<https://www.skincancer.org/blog/bringing-up-a-sun-safe-baby/>

<https://www.aad.org/public/everyday-care/injured-skin/burns/treat-sunburn>