



Fun in the Sun

Too much sun is harmful for anyone, but too much sun is especially harmful for a baby. Infants **under** 6 months cannot handle direct sunlight, so make plans to use an umbrella, tent, or canopy to keep the infant in the shade. To avoid the risk of skin irritations, sunscreen should **not** be used until a baby is at least six months old. When putting sunscreen on a baby 6 months or older, apply a small amount to the skin to test it. If the skin is not irritated after a few minutes, apply the sunscreen to the rest of the body.

Whenever your child is in the sun, sunscreen is essential no matter what skin tone your child has. Always choose a sunscreen with at least **SPF 15**. ***If the child has fair skin, use a higher SPF.*** Remember to put the sunscreen on your child about **30 minutes before** your child goes in the sun, and reapply your child's sunscreen about every 2 hours. Take extra precautions when the sun is the warmest, between 10 a.m. and 4 p.m. Put a hat on your child, reapply sunscreen every hour, and have your child play in the shade. If your child is fair-skinned or especially susceptible to burns, a light-colored long-sleeved shirt can protect his arms from burns. If your child does get sunburned, keep him out of direct sunlight until the burn is completely healed. You can use aloe and moisturizing lotion to cool the burning. Put your child in loose-fitting, light clothing to keep him comfortable.