

Whether you're heading to the beach, playing in the park, or out in your own garden, it's really important to think about sun protection for the little ones.

Exposing your child to too much sun may increase their risk of skin cancer later in life, and sunburn can also cause considerable pain and discomfort in the short term. That's why babies and children need to have their skin protected between March and October in the UK.



1. Stay in the shade when possible - Stay out of the sun between 11am and 3pm. Use a parasol or play tent. Cover up with long sleeves and loose clothing.

2. Use a good sunscreen - Apply sun cream to all exposed skin 30 minutes before heading out. Use plenty and don't forget shoulders, back of the neck, tops of ears, noses, cheeks and tops of feet. Choose a sunscreen that has SPF of at least 15, and at least 4 stars for UVA protection. Top up every 2 hours, especially between swimming or paddling.



3. Always pack a sunhat - Use a floppy sunhat that protects the face and neck whenever out in the sun. Wearing a hat yourself can really encourage your child to follow suit.



4. Drink lots of water - Make sure there is access to water throughout the day, especially in warm weather and encourage regular drinks, particularly when running around.



Remember **'Slip'** on a t-shirt, **'Slap'** on a hat and **'Slop'** on some sun cream!

For more information about staying safe in sun call and ask to speak to our School Nurses office on 0300 247 0090 or visit www.nhs.uk and search sun safety tips.