

Parents' Guide to Sun Safety

A Guide for Parents

As summer approaches, we all look forward to more time spent outside. Many people are also anticipating a holiday to warmer climes. Being outside in the sunshine is beneficial to our wellbeing, but it is important to remember – and to teach our children, that overexposure to the sun can cause long-lasting damage to the skin, increasing the risk of premature ageing and skin cancer. Here is a useful reminder of the things that parents and children need to think about to protect themselves from the damaging effects of the sun, so that everyone can safely enjoy time outside.

Wear a shirt

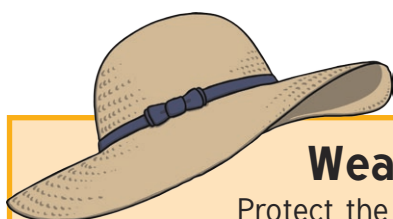
Cover exposed skin as much as possible by wearing a lightweight cotton T-shirt.



Use

sunscreen

Children should wear a minimum of factor 30 sunscreen. Reapply regularly (especially after swimming).



Wear a hat

Protect the head, ears, neck and face with a wide-brimmed or 'legionnaire'-style hat



Wear shades

Sun exposure can damage the eyes. Protect them by wearing sunglasses with UV-protective lenses

Stay in the shade

The sun is at its strongest between the hours of 11am and 4pm. Try to stay in the shade as much as possible, during these hours.



The most important thing you can do is make time to listen to your child. Switch off the TV, radio and mobile phones and really listen to them!