

Slip on clothing that covers your skin



Clothing is a great way to protect your child's skin from the sun's UV. If you can see skin, UV can reach it and cause unseen damage and sunburn. Help your child be ready for sun safe outdoor play during the sun protection times - at home, at childcare or preschool.



Apply SPF30 (or higher) broad-spectrum, water-resistant sunscreen to any skin you can't cover with clothing.



Choose shady places to play.