

# 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.



Cover the arms.

Wear a hat that shades the face, neck and ears.




Higher or buttoned neckline.

Cover the chest and back.

Layer clothing: wear a shirt over a singlet top or a t-shirt under a singlet dress.

Cover the legs.

Choose clothes;

-  made from densely-woven fabric you can't see through
-  that are loose fitting to help with ventilation and air flow to keep cool
-  that are not tight so the fabric doesn't stretch and let UV through

Apply SPF 50 or SPF 50+, broad-spectrum, water-resistant sunscreen to any skin you can't cover with clothing.

Choose shady places to play.