

TIPS FOR STAYING SAFE IN THE SUN

Use a good sun cream

Choose a sun cream with an SPF of at least 30 and at least four stars for UVA protection for your little ones. Make sure that any exposed skin is covered in plenty of sun cream and don't forget about those key places that often catch the sun all too easily:

- Back of the neck
- Shoulders
- Nose
- Top of the ears
- Cheeks
- Top of the feet
- Top of the scalp

Avoid prime time

You don't need to hide from the sun completely but it is good to take breaks by moving into the shade or going indoors during prime time. This is when the sun is at its highest in the sky and hottest between 10am and 4pm.

Drink lots of water

Drink up, don't wait until you are thirsty! Encourage your little ones to drink lots of water at regular intervals throughout the day if you have been out in the sun, especially if they have been running around.

Wear a sunhat

It's always a good idea to pack a sun hat if you are heading out for the day. Floppy hats are best for children as it ensures their face, neck and scalp are covered when they are out in the sun. If they don't tend to like wearing a hat and keeps removing it - try one with chin straps.

Keep topping up the suncream

Make sure you apply sun cream at least 30 minutes before your child heads out to play in the sun. Reapplication of sun cream is just as important as applying it in the

first place, so try and aim to reapply sun cream every two hours. If you have been swimming, it is best to re-apply more often than this.