

Sun Safe Babies

How to

Protect Infants

for the **First Year**



Sun exposure for babies and young children adds up over time and can cause skin cancer years later.

Infants have sensitive skin that must be protected from the sun.

Sunburns hurt and cause long-term damage.

Contact your doctor if a baby under 12 months gets a sunburn—a severe sunburn is an emergency.



BC Cancer Agency

CARE + RESEARCH

An agency of the Provincial Health Services Authority

Prevention Programs



THERE'S A REASON

they call it baby-soft. Infants' skin is thinner and more sensitive than adult skin, so it can burn more easily when exposed to UV radiation from the sun.

Even children born to parents with darker skin need maximum sun protection.

Sunscreen can irritate infants' eyes, so use it only on small areas of skin and only if necessary. For more information on babies and sunscreen visit

www.dermatology.ca/sap/safety_resources/sun_exposure/

BE SUN SMART

- Minimize outdoor activity between 11 am and 3 pm, especially during summer.
- Dress infants in loose-fitting clothes that cover the skin.
- Cover infants' heads in a hat that protects the neck and ears.
- Seek or create shade, even on cloudy days.
- If you must use sunscreen, use it only on small areas of skin and make sure it is 30+SPF.
- Give breastfed infants a Vitamin D supplement every day, for healthy bones and teeth.



Everyone needs Vitamin D for good health, including babies. Health Canada recommends that all breastfed infants should receive a Vitamin D supplement of 400 IU every day until 12 months old.

TO LEARN MORE ABOUT SUN SAFETY VISIT

www.suntips.ca

www.bccancer.bc.ca/ppi/prevention/sunsafety

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