



MID-JERSEY PEDIATRICS

www.midjerseypeds.com

**33 Brunswick Woods Drive
East Brunswick, NJ 08816
(732) 257-4330**

**25 Kilmer Drive,
Building #3, Suite 107
Morganville, NJ 07751
(732) 972-6888**

SUN PROTECTION

We must be careful to protect our children from the dangers of the sun. Not only can it cause first and second degree burns but repeated sun exposure can cause skin cancer as children grow older (one in every six Americans is affected by skin cancer.) Approximately 70 % of a persons' lifetime sun exposure occurs before the age of 18, so it is vitally important we protect our kids now. Every, time you apply sunscreen to your child, you decrease the risk of skin cancer in the future.

- Apply sunscreen anytime your child is going to be outside for more than 30 minutes, not just when going to the beach. The higher the SPF (Sun Protection Factor) the greater the protection offered. We recommend using products of SPF 30 or higher. Most children's products are an SPF 40 or greater.
- If you use sunscreen for young children it will become a lifelong habit. It is difficult to convince teenagers to use sunscreen if they haven't been using it since early childhood.
- Keep young infants out of the sun. Don't use sunscreen containing PABA on infants less than 6 months.
- If possible apply sunscreen 30-45 minutes before going out.
- Apply sunscreen frequently, every 60-90 minutes and after swimming.
- Avoid the hours of 10 AM to 2 PM when the sun's rays are most intense Don't let cloud cover give a false sense of security, over 70% of the sun's rays penetrate the clouds.
- Wear a hat with a brim. Being under an umbrella at the beach is not enough. Water and sand increase the sun exposure because of reflected rays.
- Protect your child's eyes. Purchase sunglasses with UV protection.
- Set an example for your child. Protect your own skin and it is more likely your child will adopt sensible skin care habits.