

KIDS' Sun Protection at Every Stage

From sensitive baby skin to teen acne troubles, protect kids as they grow with these tips.

THE BABY-SOFT STAGE



Keep the tiniest tots out of direct sunlight and in protective clothing such as sun hats and long-sleeved, lightweight cotton.

No shade? Use titanium dioxide and zinc oxide on exposed areas like the neck, face, backs of the hands, and feet.

THE KIDDIE POOL STAGE

Involve your squirmy, headstrong toddlers in the fun. Allow them to choose a fun sun hat and “finger paint” with colorful sunscreen before rubbing in completely.

Stick with titanium dioxide and zinc oxide formulas, applied generously every 40-80 minutes and 15-30 minutes before exposure.

Avoid spray sunscreens. The FDA is examining concerns about inhalation.



THE CANNONBALL STAGE



Active kids can wash off even waterproof sunscreen in minutes. Reapply generously and often during pool time, sporting events and any outside play.

Teach your child about proper sun protection, including how to apply sunscreen.

THE BREAKOUT PHASE

Just say no to tanning beds! Tinted lotions provide a safer alternative.

Talk to your teen about skin cancer prevention, and model safe sun behaviors.

Ensure your teen's daily facial moisturizer contains 30 SPF.

Acne prone skin? Seek an oil-free or noncomedogenic sunscreen to prevent worsened acne. Some acne medications and facial cleansers increase sensitivity to sunlight.



AT EVERY AGE AND STAGE



Use 30 SPF or higher.

Choose a “broad spectrum” sunscreen to protect against UVA and UVB rays.

Apply more than you think you need. A dot won't do it!

Wear sun protective clothing.

Avoid exposure from 10 am to 3 pm.

SOURCE: clevelandclinic.org/sunprotection