

Protect your child's skin

The cause of almost all skin cancers in Australia is exposure to ultraviolet (UV) radiation from the sun. Children and babies have delicate skin, so limiting their exposure can reduce their risk of developing skin cancer – and help prevent freckles, moles and painful sunburn.



When does my child need protection from the sun?

All areas in NSW experience high levels of UV radiation most of the year – even on cloudy or cooler days.

Check the SunSmart UV Alert daily on www.cancercouncil.com.au/sunsmart or in the weather section of newspapers. Whenever it is 3 or above, use our top SunSmart tips.



Top SunSmart tips

- Choose sun-safe clothing, such as longer-style shorts and skirts, and T-shirts and dresses with sleeves, collars or covered necklines.
- Choose a wide-brimmed, bucket-style or legionnaire hat that protects the face, neck and ears. Keep spare hats in your car or bag.



- Encourage play in the shade, but keep hats, clothing and sunscreen on.
- Apply SPF30+ broad-spectrum water-resistant sunscreen to any exposed skin. Reapply every two hours, or more often if wiped or washed off.

Take special care of babies:

- When outside, keep babies well shaded at all times.
- Use covers for prams and strollers.
- Sunscreen may be safely applied to any small areas of skin not protected by hats and clothing.



For more help

- If you have any concerns about sunscreen, vitamin D, nappy rash or jaundice talk to your doctor or chemist.
- Check out www.cancercouncil.com.au/sunsmart
- Call Cancer Council Helpline on 13 11 20.



Does my child need sunlight to be healthy?

- Vitamin D is essential for healthy bone growth and is made when skin is exposed to UV radiation. In NSW, most children will get enough vitamin D through their everyday activities.
- Children with very dark skin and babies whose mothers have low vitamin D may be at risk of low vitamin D.
- Sunlight is not the best treatment for nappy rash or jaundice.



Is sunscreen harmful to my child's health?

There is no evidence that using sunscreen is harmful for children – but remember:

- Sunscreen does not provide complete protection and should always be used with clothing, hats and shade.
- Allergic reactions can occasionally occur. Look for sunscreen made for children or for sensitive skin.
- There is currently no evidence that nanoparticles are harmful to health – however Cancer Council sunscreens do not contain nanoparticles.



Is my child safe from sunburn in the car?

- Glass blocks some but not all UV radiation, so protect children on long car trips.
- Avoid having car windows open near children.
- Window shades or tinting will provide extra protection.



Don't forget:

