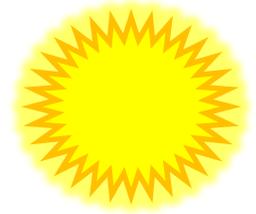


July 2019



The sun has got his hat on!



Key messages to share with parents:

Sun safety

- ☀ Encourage children to play in the shade especially between 11am and 3pm, when the sun is at its strongest
- ☀ Keep babies under six months out of direct sunlight
- ☀ Children should wear a wide brimmed floppy hat to shade their face and neck
- ☀ Use loose cotton clothes, such as a long sleeved oversized T-shirt to protect their skin
- ☀ Protect children's eyes with sunglasses that meet the British Standards and carry the "CE" mark
- ☀ **Sunscreen is not an alternative to covering up with suitable clothing and seeking shade, but it does offer additional protection.** [NICE](#)



- ☀ Cover exposed parts of children's skin with sunscreen, even on cloudy days. Use one that has a sun protection factor (SPF) of at least 15 and is effective against UVA and UVB and reapply throughout the day
- ☀ Protect a child's shoulders and the back of their neck when they're playing, as these are the most common areas for sunburn
- ☀ Use a waterproof sunblock of factor 15 or above when swimming outdoors and reapply after toweling. [NHS Choices](#)

The heat is on!

- ☀ The very young, the elderly and the seriously ill are the groups who are at risk of health problems when the weather is very hot. [The Met office - Heat Health](#)
- ☀ During hot weather babies and children may need extra fluids to avoid becoming dehydrated
- ☀ Breastfed babies may want to feed more than usual and bottle fed babies can be offered water (boiled and cooled for babies less than 6 months) as well as their usual milk feeds. [NHS choices](#)
- ☀ Follow the [Lullaby Trust](#) safer sleep advice and ensure babies don't get too hot by using lighter bedding and clothing and keeping the room temperature between 16 and 20 °C
- ☀ Avoid covering a pram or buggy with a blanket as this can lead to overheating and increases the risk of Sudden Infant Death Syndrome [Lullaby Trust summer safety](#)



Resources:

- ☀ Poster: [Save our skin](#) British Association of Dermatologists
- ☀ [NHS Choices](#): Sun safety advice including a short film about how to apply sunscreen
- ☀ Poster: Kids cook quick, keep them covered. Order code: P07/06 [West Sussex Health Promotion](#)
- ☀ Poster: Ban the burn! Take care in the sun. Order code: P07/25(L) [West Sussex Health Promotion](#)
- ☀ Leaflet: Cool kids go under cover. Play safe in the sun. Order code L07/06 [West Sussex Health Promotion](#)
- ☀ Public Health England - [Heatwave plan for England](#)