

**YOUR BABY'S  
SKIN HAS TO  
LAST A  
LIFETIME**



IDAHO DEPARTMENT OF  
**HEALTH & WELFARE**

# PROTECT YOUR BABY

## Exposure to the sun's rays can hurt your baby's skin

Too much sun early in life can lead to serious health problems later, including a skin cancer called melanoma (mel-uh-noh-muh).

## Keep it covered when outdoors...

### *Other easy things to do:*

- Limit time outside – especially between 10 a.m. and 4 p.m. when the sun's rays are the strongest
- When outdoors, make sure your baby wears a lightweight long sleeve shirt, long pants, and a sun hat that protects the neck and ears even when it's hot
- Have your baby wear sunglasses with UV protection
- Sunscreen is not recommended until your baby is six months old – then after that age, use SPF 30 or greater
- Put SPF 30 sunscreen on 20 minutes before you take your baby outside
- Remember that water, snow, concrete, and glass can make the sun's rays stronger and more harmful to your baby's skin
- The sun's rays are still harmful on cloudy days
- Seek or create shade for your baby and limit the time in the sun

**Play it safe and protect the skin your baby's in!**

For more information call a doctor, or visit the American Cancer Association web site at **[www.cancer.org](http://www.cancer.org)**