

Slip on clothing that covers your skin



Clothing is a great way to protect your child's skin from the sun's UV. If you can see skin, UV can reach it and cause unseen damage and sunburn. Help your child be ready for sun safe outdoor play during the sun protection times - at home, at childcare or preschool.



Wear a hat that shades the face, neck and ears.

Cover the arms.




Higher or buttoned neckline.

Layer clothing: wear a shirt over a singlet top or a t-shirt under a singlet dress.

Cover the chest and back.

Apply SPF30 (or higher) broad-spectrum, water-resistant sunscreen to any skin you can't cover with clothing.

Choose clothes;

-  made from densely-woven fabric you can't see through
-  that are loose fitting to help with ventilation and air flow to keep cool
-  that are not tight so the fabric doesn't stretch and let UV through

Cover the legs.

Choose shady places to play.

