

Sun protection

The best sun protection for your child is shade!

Children aged 0 to 1 year



The risk of dehydration is greater for babies and toddlers.



- If you are breastfeeding, you can do so more frequently
- If you are not breastfeeding, offer your baby water regularly
- Your baby will appreciate being indoors and if not, always in the shade between 11am and 3pm



- To protect your baby effectively, dress them in a wide-brimmed hat, a onesie or T-shirt, lightweight trousers and sunglasses



- Direct sun exposure is not recommended: keep your baby in the shade (also when going for a walk)



- Make sure your child has enough fresh air in their pram. It is not advisable to completely cover the stroller with a cloth as this increases the temperature inside the pram.



L'enfant de 1 à 6 ans



- Regularly offer your child something to drink, preferably water
- Avoid being in the sun in the hot hours between 11am and 3pm, or, more simply: "Go under the parasol as soon as your shadow is smaller than you are!"
- Provide your child with a wide-brimmed hat, sunglasses and protective UV clothing
- By staying in the shade, you will prevent sunburn
- Apply sunscreen generously to the uncovered parts of the child's body, if possible twice in a row, with a product adapted to their age, with a mineral filter (physical protection), and a minimum sun protection factor (SPF) of 30, effective against UVA and UVB rays.
- Pay particular attention to the lips, ears, nose and the tops of the feet.
- Reapply after swimming, even if it is waterproof sunscreen.



It is important for your child's health and good development to go outdoors regularly.

Children's skin and eyes are very sensitive, so it is essential to protect them from the sun.



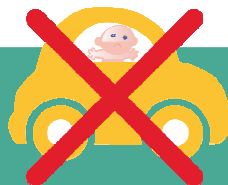
Advice for parents



- Set a good example
- Also follow the advice you give your child
- Monitor any changes in your skin and have them checked by a doctor

Important

- Never leave your child alone in a car
- Avoid sunburn
- Stay in the shade as much as possible
- Use age-appropriate sunscreen
- Avoid using sunscreen beyond 12 months after opening the container



Programme cantonal de promotion de la santé et de prévention primaire enfants (0-4 ans) - parents



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