



Summer Sun Safety

What is it?

Summer fun means spending lots of time outdoors but it also means lots of sun exposure! It's easy to keep your family safe by sticking with a few basic sun safety routines. Starting from a young age, children can take an active part in these routines, with your guidance and supervision.

Activities

- Too much unprotected exposure to the sun can cause long-term skin damage. When children are playing outside they should wear hats, sunglasses, and use plenty of sunscreen. Use sunscreen with UVA/UVB protection and reapply throughout the day, especially after swimming or sweating. For infants, check with your pediatrician about sunscreen use.
- Drinking enough water in hot weather reduces the chance of dehydration. To encourage your child to drink, let them pick out their own water bottle, or make ice cubes using different shaped trays. Adding food coloring makes ice more fun!
- Practicing summer safety offers lots of opportunities for children to participate in making healthy decisions for themselves. They can check how much water is left in their water bottle, or choose to eat ice cubes instead of drinking water to stay hydrated. Sunscreen can be applied by a child using a pump bottle and smearing on themselves, rather than having a grown-up squeeze it from a tube.



Read All About It

Birth – 3: *Splash, Joshua Splash!* Malachy Doyle

Birth – 3: *Sun* by Carol Thompson

3 – 5: *Fun in the Sun* by David Catrow

3 – 5: *Julieta y un día en el jardín: Un cuento de primavera de yoga para niños* by Giselle Shardlow

5 – 7: *Magic Beach* by Alison Lester

5 – 7: *My Amazing Body: A First Look at Health and Fitness* Pat Thomas

More Information

- KidsHealth:
<http://kidshealth.org/en/kids/summersafety>
- American Academy of Pediatrics:
<http://www.aap.org/en-us/about-the-aap/aap-press-room/news-features-and-safety-tips/pages/sun-and-water-safety-tips.aspx>
- Boston Children's Museum website:
www.school-readiness.org

Community Connections

Visit your local libraries, museums, zoos, parks and other community and cultural organizations for new things to see, learn and discover!

- Many locations offer free or discounted admission. Visit their websites for more information.
- *Free Fun Fridays* offer free admission to cultural venues across Massachusetts. For more information, go to: <http://www.highlandstreet.org/programs/free-fun-Fridays>



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