



PARENT CONNECTION



SUN SAFETY



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We all need some sun exposure — it's the top source of vitamin D, which helps our bodies absorb calcium for stronger, healthier bones. But it doesn't take much time in the sun for most people to get the vitamin D they need. And repeated unprotected exposure to the sun's ultraviolet (UV) rays can cause skin damage, eye damage, immune system suppression, and skin cancer. Even people in their twenties can develop skin cancer. Most kids get much of their lifetime sun exposure before age 18, so it's important for parents to teach them how to enjoy fun in the sun safely. Taking the right precautions can greatly reduce your child's chance of developing skin cancer.

Facts About Sun Exposure

The sun radiates light to the earth, and part of that light consists of invisible UV rays. When these rays reach the skin, they cause tanning, burning, and other skin damage. (Sunlight contains three types of ultraviolet rays: UVA, UVB, and UVC)

Cover Up • One of the best ways to protect your family from the sun is to cover up and shield skin from UV rays. Be sure that clothes will screen out harmful UV rays by placing your hand inside the garments and making sure you can't see it through them.

Use Sunscreen Consistently • Select an SPF of 30 or higher to prevent sunburn *and* tanning, both of which are signs of skin damage. Choose a sunscreen that protects against UVA and UVB rays (usually labeled as a "broad-spectrum" sunscreen).

Use Protective Eyewear for Kids • Sun exposure damages the eyes as well as the skin. Even 1 day in the sun can result in a burned cornea (the outermost, clear membrane layer of the eye). Cumulative exposure can lead to cataracts (clouding of the eye lens, which leads to blurred vision) later in life. The best way to protect eyes is to wear sunglasses.

Because infants have thinner skin and underdeveloped melanin (the first defense against the sun because it absorbs dangerous UV rays before they do serious skin damage) their skin burns more easily than that of older kids. The best protection for babies under 6 months of age is shade, so they should be kept out of the sun whenever possible. If your baby must be in the sun, dress him or her in clothing that covers the body, including hats with wide brims to shadow the face. Use an umbrella to create shade. If your baby is younger than 6 months old and still has small areas of skin (like the face) exposed, you can use a tiny amount of sunscreen with a minimum SPF (sun protection factor) of 15 on those areas.

Even older kids need to escape the sun. For all-day outdoor affairs, bring along a wide umbrella or a pop-up tent to play in. If it's not too hot outside and won't make kids even more uncomfortable, have them wear light long-sleeved shirts and/or long pants.

If your child does get a sunburn, these tips may help: Have your child take a cool (not cold) bath or apply pure aloe vera gel or apply topical moisturizing cream to rehydrate the skin and treat itching. If the sunburn is severe and blisters develop, call your doctor.



WHERE TO WATCH FOURTH OF JULY FIREWORKS

ELLENVILLE • July 4th 12PM-10PM @ Joseph Resnick Airport (Parade & Fireworks)

KINGSTON • July 4th 4PM @ TR Gallo Park on the Rondout (Live bands, Video tribute to Soldiers & Fireworks)

SAUGERTIES • July 4th @ Cantine Memorial Field (Parade, Car show & Fireworks)

smiles & sunshine

OUTSIDE ACTIVITIES

- ☼ Gardening
- ☼ Nature Scavenger Hunt
- ☼ Picnic
- ☼ Fishing
- ☼ Camping
- ☼ Painting
- ☼ Nature Walk
- ☼ Bike Rides
- ☼ Bubbles
- ☼ Water play

SUMMER TIME BOOKS

Llama Llama Sand & Sun
Anna Dewdney

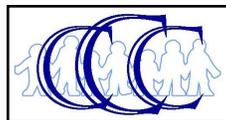
Mouse's First Summer
Lauren Thompson

Froggy Learns to Swim
Jonathan London

Pete the Cat & his Magic Sunglasses
James & Kimberly Dean



CHILD CARE CONNECTIONS



39 John St, PO Box 3718 • Kingston
(845) 331-7080

cccouncil@familyofwoodstockinc.org

www.cconnectionsny.org

160 Fairview Ave Suite 207 • Hudson
(518) 822-1944

ccccg@familyofwoodstockinc.org