

Pointers For Parents

Making Fun In The Sun Family-Safe

(NAPSA)—While time spent outdoors can mean fun in the sun for both children and parents, it also calls for caution.

To help families get the most out of their outdoor activities safely—here are a few tips for children and parents from Clarins, a prestige skincare company and leader in the sun category and The Skin Cancer Foundation.

- The sun's rays are strongest between 10 a.m. and 4 p.m. This means that ultraviolet light—the most harmful kind of light for the skin—is most abundant. The Skin Cancer Foundation recommends using enough sunscreen—an application about the size of a golf ball—to protect the body.

- Sunscreen is like soap—it washes off with water. For best protection, apply a sunscreen with an SPF of 15 or more to family members 30 minutes before going outside. Reapply it every two hours and after swimming.

- Since the rays of the sun penetrate wet skin five times more easily than dry skin, make sure to dry off completely after swimming.

- Infants should spend very little time in the sun—especially if they are six months old or younger.

- Parents should choose strollers with canopies and protect body parts that easily burn, such as the nose, cheeks, shoulders, legs, thighs and ears.

- Clothing with dark colors offers the best protection against the sun. While light colored fabrics may feel cooler, they do not always filter out UV rays as well as dark fabrics.



Kids learn by example! Remember to practice the sun protection you advocate for your child.

- Also, when going outdoors choose clothing made from tightly woven fabric. The more light you can see through the fabric, the more potentially harmful UV rays are getting through to the skin.

- Remember, as a general rule, exposure to the sun is only safe when enjoyed in moderation. Dermatologists, cosmetologists and doctors agree that unprotected sun exposure can cause harmful dangers such as skin cancer, premature aging and blotchy skin.

To address these sun care needs, Clarins introduces a new sun product especially designed for children with SPF 30, to complete its full range of sun protection products for adults.

To learn more, visit the Web sites at www.skincancer.org and www.clarins.com.