



Protecting Our Children

Safe Fun With Protection From The Sun

(NAPSA)—When the weather heats up, both children and adults want to spend more time outdoors. Even though it “feels good” to sit in the warm sun and to be outside on a sunny afternoon, parents need to be aware that the sun can be an enemy to both their children and themselves. In fact, a severe sunburn before the age of 18 can double the risk of skin cancer.

The following tips can help families have safe fun in the sun. They’re provided by Children’s World Learning Centers, a leading provider of infant, toddler, preschool, pre-kindergarten and school-age learning programs.

- Protect babies under six months of age from any prolonged exposure to the sun. Talk to your physician about the use of sunscreens on babies.

- Remember children with non-white skin also get sunburned, although it’s harder to detect because it’s more difficult to see the pink color of the burn.

- Suggest that children participate in indoor activities during the hours of greatest sun exposure, which is between 10:00 a.m. and 3:00 p.m. If children are old enough to read, this is an excellent activity to do during this time.

- Have your children wear a long-sleeved T-shirt and hat whenever they are going to be outside for 10 minutes or longer between the hours of 10:00 a.m. and 3:00 p.m., which are the hours of greatest exposure. Send these items along with your child to preschool or day care. Keep in mind, however, that some fabrics aren’t good at keeping



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out ultraviolet rays, therefore sunscreen should be applied even under clothing anytime a child is outside.

- Provide sunscreen for your children to put on during the day. Have them put sunscreen on with a Sun Protection Factor (SPF) of at least 15 during all outdoor activities. The sunscreen should be reapplied every 90 minutes and after swimming.

- Adults also should wear protective clothing and sunscreen to avoid overexposure to sunlight. Avoid tanning salons altogether because they provide intense exposure to harmful ultraviolet rays.

With developmentally appropriate curriculum and commitment to national accreditation, Children’s World Learning Centers has been operating early childhood and elementary education programs since 1969.

For information on Children’s World Learning Centers and the educational programs offered, contact your local center or visit www.childrensworld.com.