

# Protecting Our Children

## Sun Protection: Children And Summer Fun

(NAPSA)—When warmer weather arrives, it's a prime time for children and the great outdoors. It's also the time when youngsters need the most protection against the sun's rays.

"Most sun damage occurs by the age of 18, so it is vital that parents get their children into good sun care habits while they are young," says L'Oréal Consulting Dermatologist Lydia Evans, M.D. "This will create the foundation for a lifetime of protection against the results of sun exposure, which include premature skin aging and possible skin cancer."

Here are some tips to help parents protect their children against the sun and instill good habits early:

- Take a few extra seconds of care when applying sunscreen to a child's face. Always have them close their eyes, and apply with one finger—this offers the best control, especially if the child is squirming.
- Try to apply 30 minutes before going outdoors.
- Many children like spray sunscreens—and application can become a fun activity. Make it a game.
- Keep a bottle of sunscreen in your car for those unexpected moments. Ombrelle Spray SPF 28 from L'Oréal Suncare Research is a quick way to apply it.
- Don't forget easy-to-miss areas such as ears, tops of the feet and back of the shoulders.
- With small children, the best time to apply sunscreen is before they put on their bathing suits. This prevents missing the skin right at the edges, which often goes unprotected and conse-



**Children need extra protection from the sun, especially during warmer weather.**

quently burns. If the children aren't swimming, apply sunscreen while they're in their underwear.

- Spend a few minutes going over sunscreen application with your childcare provider, so he or she will be careful about where and when to apply sunscreen.
- Remember to reapply every 90 minutes, and use a water-resistant sunscreen such as Ombrelle 44 for Kids if your child will be swimming. Being near water intensifies the sun's rays, so extra protection is advised.
- UVA rays penetrate glass, so protect your kids even if you're going on a car trip.
- You need sunscreen even on a cloudy day. UVA and UVB rays will penetrate clouds and can result in a nasty sunburn. A broad-spectrum sunscreen with Parsol 1789 protects against both types of ultraviolet rays.
- Everyday application is the safest route, because plans often change, especially where children are concerned, so make sun protection part of the daily family routine.

For more information and tips on sun protection, visit [www.lorealparis.com](http://www.lorealparis.com).