



# Ask Pediatrics

## West

### When can I put sunblock on my baby?

#### Babies under 6 months:

- To prevent sunburn the AAP recommends that infants avoid direct sun exposure, and are dressed in lightweight long pants, long-sleeved shirts, and brimmed hats that shade the neck to prevent sunburn.
- However, when adequate clothing and shade are not available, parents can apply a minimal amount of sunscreen with at least 15 SPF (sun protection factor) to small areas, such as the infant's face and the back of the hands. If an infant gets a sunburn, apply cool compresses to the affected area.

#### For All Other Children:

- The first, and best, line of defense against harmful ultraviolet radiation (UVR) exposure is avoiding sun exposure by covering up. Stay in the shade whenever possible, and limit sun exposure during the peak intensity hours - between 10 a.m. and 4 p.m.
- Wear a hat with a three-inch brim or a bill facing forward, sunglasses (look for sunglasses that provide 97% -100% protection against both UVA and UVB rays), and clothing with a tight weave.
- On both sunny and cloudy days use a sunscreen with an SPF 15 or greater that protects against UVA and UVB rays.
- Be sure to apply enough sunscreen -- about one ounce per application for a young adult.
- Reapply sunscreen every two hours, and after swimming or sweating. Use extra caution near water and sand as they reflect UV rays and may result in sunburn more quickly