



# Monthly Parent Report

June 2019 Volume 3, Issue 6

## Don't Get Burned: Sun Protection Tips for Your Child



A day at the beach with the kids offers good summer fun. Just remember that overexposure to the sun can increase a child's chances of joining the 1 million Americans affected by skin cancer annually. Following is insight on customizing sun protection for babies as well as kids ages 1 year and older.

### Protection for Kids Older Than 1 Year

To keep children older than 1-year sunburn-free while playing outdoors, parents should follow these basic guidelines.

• Always choose a sunscreen to fit the child's skin type: A gel-based sunscreen tends to have a drying effect and may be better for oily skin, whereas for skin that is prone to dryness, a cream-based sunscreen is hydrating. Also, darker skin tones have more natural protection and don't tend to burn as easily as lighter skin tones. Fair skin types should use a higher SPF daily and reapply every few hours.

- Choose a sunscreen with at least SPF 15. Contrary to popular belief, doubling the SPF doesn't double the protection
- Sunscreen for children should protect against UVA and UVB rays and should be waterproof.
- Apply sunscreen at least 30 minutes prior to sun exposure, and be sure to cover all exposed areas, particularly the face, nose, ears, hands and backs of knees.
- Apply sunscreen before dressing, and don't rely on a cotton T-shirt for sun protection. Cotton T-shirts provide the equivalent protection of SPF 6, which is below the recommended limit. Even worse, when T-shirts are worn wet, the protection decreases to SPF 3, allowing dangerous UV rays to penetrate through the shirt to the skin.
- Buy your child sunglasses that protect 100 percent against UV rays.
- Reapply all sunscreens every two hours, and increase the applications if children are sweating or swimming.
- If a child becomes sunburned, contact your pediatrician immediately and keep your child out of direct sunlight until the sunburn has healed.

*Adapted from parentaidenews.com by Dr. Alvsu Herman. M.D.*

### Parent Reminders

- June 5: Happy Graduation Day!
- June 7: Last Day of School; June 10: Summer Camp begins
- **Don't leave your pet or child in your hot car!**

### Community Events

- June 7: Movies in the Park: *The Sandlot*, Village Park, 8:30 p.m.
- June 13: Thursdays on Main: Blackwater Rhythm & Blues, Veterans Park, Kannapolis, 6-9 p.m.
- June 20: Children's Theater: *Beauty and the Beast*, Veterans Park, 10-11
- June 22: Stories Under the Stars: Donna Washington, Kannapolis Library, 7-8 p.m.
- June 23: Summer Sizzler, First United Methodist, Salisbury, 5-7 p.m.



- Eden Roseman- June 5
- Mason Mejia- June 11
- Emery Furr- June 13
- Lawson Phelps- June 16
- Keon Washington- June 24
- Cole Hughes- June 28
- Emmy Safrit- June 31

### Pete's Post

Pete also got his spring school picture taken!

If you haven't seen your child's picture yet, we still have them (in the kitchen).

