

Summer Fun

When summer finally comes, parents and babies can't wait to play outside. Enjoy the summer weather but be sure to take time to protect your baby too.

PROTECT YOUR BABY FROM THE SUN

Babies and young children have very sensitive skin that needs protection from the sun. Babies 6 months of age and younger should stay out of the sun altogether. Sunscreen is also not recommended for babies younger than 6 months. Older babies and children should avoid sun exposure between the hours of 10 and 3. Dress your baby in lightweight clothing, socks and a wide brimmed hat. Use a waterproof sunscreen with a value of SPF of 15 or higher making sure it has both UVB and UVA protection. Avoid sunscreen with PABA, fragrances and colors as these may irritate sensitive skin. Use lotion type sunscreens because they contain no alcohol and are less harmful to children's skin.

PROTECT YOUR BABY FROM THE WATER

Babies love being in the water in the summer, but even a small wading pool, with a few inches of water, can be dangerous. Young children ages 4 and under have a drowning death rate 2 to 3 times greater than other age groups. Never leave children alone in or near water. Adult supervision is needed even in shallow wading pools. When taking babies and children to the ocean or lake beware of the changing nature of waves or currents. Remind children that they should never go near the water unless an adult is present. Parents should also consider learning infant and child CPR.

PROTECT CHILDREN FROM THE HEAT

Infants and young children are especially vulnerable to heat related illnesses. On days when the temperature exceeds 80 degrees make sure your baby drinks plenty of liquid. Never leave young children in locked cars even if you leave the window slightly open. Dress your children in lightweight fabric and light colors which reflect harsh sunlight.