

Sunscreen

The sun is finally out in Western Montana!! Enjoy it and get some of that healthy vitamin D activation, but take care to prevent sun burns. Here are some tips for preventing sun damage for your children:

Infant Sun Protection

For babies under 6 months, try to keep them mostly in the shade and with sun-protective clothing covering their skin. If not possible to keep them in the shade, then you may apply sunscreen to the exposed skin as needed. Use a **broad-spectrum mineral sunscreen** that is rated **SPF 50**.

Older Child Sun Protection

For older children, use sunscreen that is rated at least SPF 30. Mineral sunscreens are best for sensitive areas of skin like the nose, ears, cheeks, and tops of shoulders. If she/he will be in the sun for an extended period of time, then make sure to reapply sunscreen at least every 2 hours.

Be extra careful when in and around water, as the sun's rays can reflect off of the water and increase the risk of sun burn.

MKP Approved Sunscreen

thinkbaby SPF 50 BabyBum Mineral SPF 50
Aveeno Baby SPF 50 Neutrogena Pure and Free Baby SPF 50
Blue Lizard Australian Mineral SPF 50

