

## SUN EXPOSURE AND YOU THE FACTS

- ☀ It is **NOT** necessary to expose **NIPPLES** to sunlight as preparation for breast feeding.
- ☀ It is **NOT** necessary to use sunlight to treat **CRACKED NIPPLES** caused by breast feeding.
- ☀ It is **NOT** necessary to expose **WOUNDS** to the sun to promote healing.



**For further information contact**

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**OR CONTACT YOUR CHILD  
HEALTH NURSE,  
MIDWIFE OR DOCTOR.**



## SUN EXPOSURE AND YOUR BABY



**WHAT PARENTS  
MUST KNOW**

## CHILDHOOD RISK FACTORS FOR SKIN CANCER

- ☼ Australia has the highest rates of skin cancer in the world and the problem is greatest in North Queensland.
- ☼ Babies and young children have skin that is very sensitive to sun exposure.
- ☼ Exposure to sunlight causes mole development.
- ☼ The more moles your child develops the greater the risk of developing melanoma.
- ☼ North Queensland children develop moles earlier and in higher numbers than children in other parts of the world.
- ☼ Prevention of skin cancer **MUST** start early. **YOU** can lower your child's future risk of skin cancer by protecting their skin from sunlight **NOW**.

## SUN EXPOSURE AND YOUR BABY THE FACTS

- ☼ **JAUNDICE** should **NOT** be treated by placing your baby in the sun.
- ☼ Sunning your baby to treat **NAPPY RASH** does more **HARM** than good.
- ☼ Most non-migrant babies in Australia receive enough sunlight to maintain healthy **VITAMIN D** levels and develop healthy bones.
- ☼ Regular exposure of your baby's skin will **NOT** increase their tolerance and will **NOT** reduce their risk of getting **SUNBURNT**.

## HOW TO PROTECT YOUR BABY'S SKIN FROM THE SUN

- ☼ Keep your baby out of direct sunlight whenever possible, even in winter.
- ☼ Seek shade whenever possible when outdoors.
- ☼ Use sun protectors over prams and strollers and over the window of your car.
- ☼ Cover your baby with clothing that offers maximum protection - collar, sleeves, darker colours and close weaves to keep out the UVR.
- ☼ Loose fitting clothing will keep your child cool.
- ☼ When swimming use sun suits that offer UVR protection.
- ☼ Shade your baby's face with a broad brimmed hat.
- ☼ Use sunscreen as an add on to other forms of sun protection.

