

Dermatologist Recommended Sunscreens

SPF 30 or higher, at least 7% zinc oxide or titanium dioxide for maximum coverage

Blue Lizard Australian Sunscreen – Great for kids. Bottle turns blue in UV light

- Sensitive Skin (no chemical sunscreens – only titanium dioxide/zinc oxide) best for small children/infants
- Baby (no chemical sunscreens – only titanium dioxide/zinc oxide) best for small children/infants

Neutrogena Sensitive Skin Sunblock Lotion (SPF 30 and SPF 60)

Neutrogena Pure and Free Baby SPF 60 – comes in a lotion and a stick (great for the face)

Neutrogena Sunscreens with Helioplex

California Baby SPF 30 – Lotion or stick

EltaMD – available in Dermatologist's office (SPF 45 Elta Shield, SPF 50 Sport)

Vanicream

- Sensitive Skin Sunscreen SPF 60
- SPF 35 Sport

Coppertone Water Babies Pure and Simple SPF 50

Solbar Zinc Unscented Sun Protection Cream, SPF 38 (available at Dougherty's Pharmacy)

Aveeno Baby Continuous Protection SPF 55

Other Sun-Safe Tips

- Apply sunscreen liberally and reapply every 2 hours.
- Buy new sunscreen every year.
- Look for sun-protective clothing (hats, rash guards, swimsuits) with built-in sun protection.
- Wash clothes with Sunguard – this product transforms everyday clothing to sun-protective gear with a UPF of 30. A piece of clothing treated with Sunguard will last 20 additional washings (<http://www.sunguardsunprotection.com>).