



Pediatric Associates
OF DALLAS

Sunscreen

- Sunscreen with a sun protection factor (SPF) 30 or higher should be used to protect any exposed skin. Make sure the sunscreen is water resistant.
- Sunscreens with zinc oxide or titanium dioxide are effective and safe for use.
- Keep babies younger than 6 months out of direct sunlight.
- Apply sunscreen to dry skin 15 minutes before going outdoors.
- Don't forget to apply sunscreen to the tops of your feet, your neck, your ears, and the top of your head.
- When outdoors, reapply sunscreen approximately every 2 hours, or after swimming or sweating or according to the directions on the bottle.
- Sunscreen creams are best for dry skin and the face.
- If you use a sunscreen spray, make sure you use enough to thoroughly cover all exposed skin. Do not spray around or near the face or mouth. Do not inhale these products or apply near heat or open flame.
- It is not recommended to use a combination sunscreen and insect repellent as sunscreen needs to be applied generously and more often.
- Use a sunscreen that says "broad-spectrum" on the label.
- Buy a new sunscreen every year.
- 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>).

The AAP also recommends the following in addition to sunscreen:

- Seek shade and prioritize outdoor activities for times when the UV index is lowest, which typically is prior to 10am or after 2pm.
- Wear protective clothing such as long-sleeved clothing and swimwear with UV-protective fabric.
- Wear UV-blocking sunglasses to protect the eyes and skin around the eyes, and wear wide-brimmed hats to protect the scalp, ears and neck.

Recommended sunscreens

Aveeno Baby Continuous Protection SPF 55

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

California Baby SPF 30 – Lotion or stick

Coppertone Water Babies Pure and Simple SPF 50

EltaMD SPF 45 Elta Shield, SPF 50 Sport

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

Solbar Zinc Unscented Sun Protection Cream SPF 38

Vanicream Sensitive Skin Sunscreen SPF 60

Vanicream SPF 35 Sport