

Healthy Habits

Sun Safety



DID YOU KNOW?

Your baby's sensitive skin can be damaged by the sun even when it's cloudy.

Sunscreen shouldn't be used on babies under 6 months old. But you can help protect your baby from overheating and sun damage by:

- staying in the shade, especially during your baby's first year
- never leaving your baby alone in a car
- breastfeeding or chestfeeding more often or offering a drink every hour
- using a large-brimmed hat with a neck cover and no ties
- dressing your baby in loose, light clothing and sunglasses
- once your baby is 6 months old, using water-resistant sunscreen with SPF 30 or higher on any areas not protected by clothing



Supervised Tummy Time

Giving your baby supervised time on their tummy a few times each day helps avoid flat areas on the head, helps your baby learn to roll and crawl and strengthens the muscles in your baby's neck, back and arms. Skin-to-skin contact and "baby-wearing" also give your baby the benefits of tummy time.



BRAIN BUILDER

Use tummy time to give your baby interesting things to look at. Talk and sing to them. Or use tummy time as a chance for other family members to spend time with them.



DANGER

Don't leave your baby alone during tummy time and only use tummy time when they're wide awake.



HOW TO Help your baby enjoy tummy time

1. Start when your child is a newborn.
2. Get on the floor with them.
3. Lay your baby on their stomach – on your lap, your chest, the floor or another safe, firm surface.
4. Support them with a rolled up towel under the chest and a hand under the chin.
5. Stroke or massage them.
6. Start with very short tummy times and work up to 2 to 3 sessions daily for a total of 30 minutes each day.