



## We are SunSmart - a note for families

A healthy balance of the sun's ultraviolet (UV) radiation exposure is important for health.

Too much UV can cause sunburn, skin and eye damage and skin cancer. Overexposure to UV during childhood and adolescence is a major factor for future skin cancer risk.

Too little UV from the sun can lead to low vitamin D levels. Vitamin D is necessary for the development and maintenance of healthy bones and muscles, and for general health.

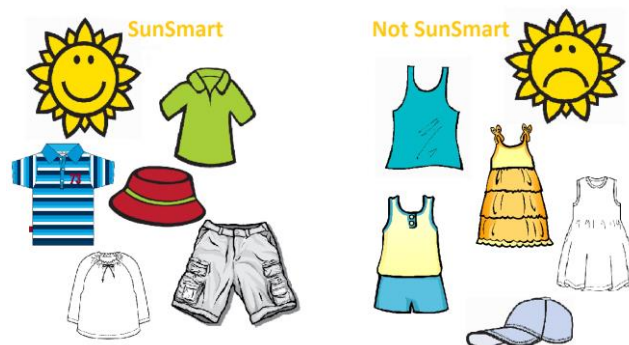
Our service aims to achieve a healthy UV exposure balance for children and staff. We are a registered member of the Cancer Council Victoria's SunSmart Program. Please help support our SunSmart membership by ensuring your child follows the SunSmart measures encouraged by educators.

**From September to the end of April** (and whenever UV levels reach 3 and above), use these 5 SunSmart steps – even if it's cool and cloudy.

1. **Slip on a shirt** - dress your child in clothing that covers as much skin as possible (e.g. elbow length tops with a higher neckline or collar and longer style shorts or skirts). Densely woven fabrics are best.
2. **Slop on SPF 30+ or higher broad spectrum, water resistant sunscreen** – if your child has fair to olive skin, apply sunscreen at the start of the day and provide permission for sunscreen to be reapplied to your child before they go outdoors. From 3 years of age, please help your child apply

their own sunscreen so they can start to learn independent skills. If your child has naturally very dark skin, they may not need to apply sunscreen to help with their vitamin D. Please notify the service in writing if you prefer sunscreen not be applied.

3. **Slap on a hat** – one that protects the face, neck and ears such as a broad brimmed, legionnaire or bucket style hat. Baseball caps do not offer enough protection and are not recommended by SunSmart. Please help your child remember to bring and wear their approved hat.
4. **Seek shade** – choose shady spots for play whenever possible.
5. **Slide on some sunglasses** - if practical and approved by the service. Make sure they are labelled AS 1067 and cover as much of the eye area as possible.



**From May to August** average UV levels in Victoria are usually below 3 so sun protection measures are not normally needed unless near highly reflective surfaces such as snow or outside for extended periods.

### Sun protection times

The SunSmart UV Alert indicates daily, local sun protection times and weather details. It is available in the weather section of the newspaper, on the SunSmart website at [sunsmart.com.au](http://sunsmart.com.au) and as a free app. Check the sun protection times each day so your family can be protected when they need to be. Don't just wait for hot and sunny days.



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