

TO: Parents
FROM: Lynn and Staff
RE: Sun Protection

As you know we try to include some outdoor play in our program every day that it is possible. With the more intense summer days upon us we want to note here some reminders about sun safety and protection.

Sunlight triggers immediate changes in the skin such as freckles and tanning and the long term changes of wrinkles and looseness; overexposure can cause changes linked to skin cancer in later life. Skin can be damaged by continued exposure over years and there is evidence that receiving even minimal number of blistering sunburns in childhood or teen years increases the chances of skin cancer developing later on.

Because your child is with us all day and we will be outside, we will do the following to minimize his/her exposure to the sun. We'll:

- ◆ Avoid the peak intensity times mid-day and limit total time in the direct sun.
- ◆ Apply sunscreen (it should be SPF-15 or greater) to children before going out and reapply every two hours and after playing in the sprinkler or pool. We must have your completed "Standing Order Permission Slip" (attached) on hand in order to apply sunscreen and lip protection. **Note: Sunscreen will not be applied on babies under 6 months.**
- ◆ Have children wear their wide-brimmed hats, and U-V protection sunglasses. Wearing long sleeved shirts and long legged pants are recommended in the literature. Wearing a t-shirt while swimming or playing in the sprinkler adds protection, too. (Make sure to have everything labeled!)
- ◆ Seek out shade under trees, carriage hoods, umbrellas, the awning, etc.
- ◆ Have water available outdoors with water breaks when everyone enjoys a drink and use the sprinkler and wading pools as appropriate for the group.
- ◆ Remember that light is reflected by water, sand, asphalt, and play equipment and can expose skin to sun even if sitting in the shade.
- ◆ Remember that cloudy days are no different when it comes to sun protection. The damaging rays come through.
- ◆ Be teaching children in age-appropriate ways about sun safety and about the lifelong habits of protecting ourselves with sunscreen and limited exposure.

Some medicines make skin sun-sensitive. Make sure you check with your child's pediatrician or pharmacist if a medication is being taken.

If you have any questions or suggestions, please check with us. We have lots of literature available to you in the office if you'd like to read more about this important topic. We also have received some catalogs with broad-brimmed hats and special "sunproof" clothing. Meanwhile, please bring in sunscreen for your child and dress him/her appropriately. Thanks for your cooperation.

/jlm
6/18/19

CHILDREN'S CENTER OF PITTSBURGH
Standing Order for Sunscreen Application

Requirements:

- ◆ Sunscreen will be accepted only in the original container.
- ◆ The permission form below must be completed before staff will apply sunscreen.
- ◆ The first and last name of the child must be on the container.
- ◆ Sunscreen is stored as a medication in a locked cupboard or in the first aid kit, inaccessible to children.
- ◆ Staff is not required to complete a medication log for sunscreen application.
- ◆ The Center is not responsible for adverse reactions that may result from sunscreen application
- ◆ **NOTE: Sunscreen will not be applied to children under 6 months of age.**

SUNSCREEN PERMISSION FORM

I hereby request The Children's Center of Pittsburgh staff to apply sunscreen (not under 6 months of age) to my child, _____. I understand that it will be applied before going outdoors and every 2 hours after if remaining outdoors.

Parent(s) or Guardian(s) Signatures

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September 3, 2019 - August 27, 2020
Effective Dates

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