

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 his first year
- never leaving him alone in a car
- offering a drink every hour
- using a large-brimmed hat with a neck cover and no ties
- dressing him in loose, light clothing and sunglasses
- once he's 6 months old, using water-resistant sunscreen with SPF 30 or higher on any areas not protected by clothing



Tummy Time

Giving your baby supervised time on his tummy a few times each day helps avoid flat areas on his head, helps him learn to roll and crawl, and strengthens the muscles in his neck, back and arms.



BRAIN BUILDER

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



DANGER

Don't leave your baby alone during tummy time, and only use tummy time when he's wide awake.



HOW TO Teach your baby to enjoy tummy time

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