

Outdoor play the SunSmart way!



SunSmart acknowledges the importance of active, outdoor play for overall health and development.

To ensure children can engage in fun, sun safe outdoor play throughout the day, please follow the 5 SunSmart steps during the daily sun protection times.



Why?

Too much of the sun's UV radiation can cause sunburn, skin and eye damage and skin cancer. Infants and toddlers up to four years of age are particularly vulnerable to UV damage due to lower levels of melanin and a thinner stratum corneum (the outermost layer of skin). UV damage accumulated during childhood and adolescence is associated with an increased risk of skin cancer later in life.

How?

Check SunSmart's daily sun protection times so you know when you do and don't need sun protection each day. These are available as a free app, online (sunsmart.com.au or myuv.com.au), in the weather section of the newspaper or as a free website widget. Perhaps you can add the widget to your service's website?

If you can't check the sun protection times each day, use these 5 SunSmart steps **from mid-August to the end of April** in Victoria (NOT just terms one and four).

1. **Slip** on cool, covering clothing that covers as much skin as possible.
2. **Slop** on SPF 30 (or higher) broad-spectrum, water-resistant sunscreen. Make sure you apply a generous amount and keep reapplying it every **2** hours. Check the expiry date.

3. **Slap** on a wide brimmed hat that shades the face, neck, ears and eyes. Baseball or peak caps don't measure up so leave those on the hat rack!
4. **Seek** shade – try a shady tree, verandah, pergola or shade sail, umbrella or tepee!
5. **Slide** on some sunglasses where practical. They should be labelled AS 1067 so you know they are UV protected.

Shady play

Good quality shade can reduce overall exposure to the sun's UV. When combined with appropriate clothing, hats and sunscreen, children can be well protected from UV overexposure when outdoors.

Research shows that spacious preschool environments with trees, shrubbery, and broken ground triggers more physical activity and provides better sun protection in outdoor play. Shady and natural play spaces are also requirements of the Education and Care Services National Regulations (Reg. 113,114)

How shady is your outdoor play space?



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