

Keep children safe in the sun



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Babies and children have delicate skin that can burn easily. Follow these simple steps to protect them from the sun.



Follow these 5 steps to keep children safe in the sun



1. SHADE

Stay in the shade between 11am and 3pm when the sun is strongest.



2. COVER UP

Fun idea: Let children choose colourful hats, sunglasses and lightweight outfits they enjoy wearing to help make sun safety fun.



3. USE SUNSCREEN

Use sunscreen with at least SPF 30 and 4 or 5 star UVA protection. Apply generously and reapply regularly, especially after swimming, sweating or towel drying.



4. BE WATER AWARE

Sunlight is stronger near water, sand and concrete, which can reflect the sun's rays.



5. CHECK THE UV

Check the daily UV forecast. When the UV index is 3 or above, extra sun protection is needed.



Babies under 6 months: keep them out of direct sunlight.

Their skin is very delicate and can burn easily. Use shade, clothing and a hat to protect them.



**Protect their skin now,
help keep them healthy for life.**



**Cover up. Use sunscreen.
Stay in the shade.**



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KEEP LITTLE ONES HYDRATED!

Healthy drinks and foods
for children aged 1–4 years



DRINK WATER REGULARLY

- Offer water throughout the day
- Encourage regular sips, especially in warm weather
- Keep a water cup or bottle nearby



EAT HYDRATING FRUITS

- Watermelon
- Strawberries
- Oranges
- Melon
- Peaches
- Grapes



CHOOSE WATER-RICH FOODS

- Cucumber
- Tomatoes
- Yogurt



PRACTISE GOOD FOOD HYGIENE

- Wash fruit and vegetables before serving
- Use clean cups, bottles and utensils
- Wash hands before preparing and eating food



KEEP FOOD CHILLED

- Store yogurt and fresh foods in the fridge
- Keep snacks cool when travelling
- Avoid leaving food out in hot weather



LOOK OUT FOR SIGNS OF DEHYDRATION



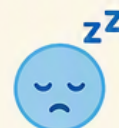
Fewer
wet nappies



Dark yellow
urine



Dry
mouth



Tiredness or
low energy



TOP TIP

Offer fruit and water at snacks and mealtimes to help children stay healthy and hydrated throughout the day.



Stay cool • Stay hydrated • Stay healthy