

# Early Childhood WELLNESS

A Program of Child Care Aware® of Kansas

## UV Protection Month

### Sun Safety

We all need some sun exposure — it's the top source of vitamin D, which helps our bodies absorb calcium for stronger, healthier bones. However, repeated unprotected exposure to the sun's ultraviolet (UV) rays can cause skin damage, eye damage, immune system suppression, and skin cancer.

Most kids get much of their lifetime sun exposure before age 18, so it's important to teach them how to enjoy fun in the sun safely. Taking the right precautions can greatly reduce your child's chance of developing skin cancer.

#### Avoid the Strongest Rays of the Day

Seek shade when the sun is at its highest, therefore strongest (usually from 10 a.m. to 4 p.m). If kids are in the sun during this time, be sure to apply and reapply protective sunscreen — even if they're just playing in the backyard. Most sun damage occurs as a result of incidental exposure during day-to-day activities, not from being at the beach.

Even on cloudy, cool, or overcast days, UV rays travel through the clouds and reflect off sand, water, and even concrete.

#### Cover Up

One of the best ways to protect your family from the sun is to cover up and shield skin from UV rays. Because infants have thinner skin and underdeveloped melanin, their skin burns more easily than that of older kids. The best protection for babies under 6 months of age is shade, so they should be kept out of the sun whenever possible. If your baby must be in the sun, dress him or her in clothing that covers the body, including hats with wide brims to shade the face. Even older kids need to escape the sun. For all-day outdoor affairs, bring along a wide umbrella or a pop-up tent to play in.

#### Apply Sunscreen

With all the options available (organic or mineral? water-resistant or sweat-resistant? lotion or spray?), choosing a sunscreen for your kids can be tricky. But what matters most is the degree of protection it provides from UV rays. Look for SPF numbers on the labels of sunscreens. Select an SPF of 30 or higher to prevent sunburn. Choose a sunscreen that protects against UVA and UVB rays (usually labeled as a "broad-spectrum" sunscreen).

Sunscreen sprays are convenient but should be used with caution. Sprays are easy to breathe in, which can irritate the lungs. Some sprays also are flammable.

*Source: Kids Health, Nemours*



July 2016

#### HELPFUL TIPS

Follow these tips to help get children to drink more water!

- ✓ Serve water between meals.
- ✓ Fill reusable water bottles for on the go.
- ✓ Keep a pitcher of water available for children to pour. Keep the size kid friendly.
- ✓ Put a slice of orange, lemon or lime to add flavor.
- ✓ Serve water and not "sports drinks".

*Source: 12345 Fit-Tastic*

#### GET CONNECTED



To stay up-to-date and access valuable information:

#### CHECK US OUT ONLINE

[www.ks.childcareaware.org](http://www.ks.childcareaware.org)

OR

#### FOLLOW US ON...





### Sunscreen Application

- Apply sunscreen whenever kids will be in the sun. For best results, apply it about 15 to 30 minutes before kids go outside.
- Remember to apply to ears, hands, feet, shoulders, and behind the neck.
- Protect lips with an SPF 30 lip balm.
- Apply sunscreen generously — dermatologists recommend using 1 ounce (enough to fill a shot glass) to cover the exposed areas of the body.
- Reapply sunscreen often, about every 2 hours. Reapply after a child has been sweating or water play.
- Apply a water-resistant sunscreen if kids will be around water. Water-resistant sunscreens may last up to 80 minutes in the water, and some are also sweat-resistant. Reapply sunscreen when kids come out of the water.

Source: Kids Health, Nemours

**“Clip and Save”  
Makes it easy to clip out  
and save this healthy  
recipe before recycling  
your newsletter.**



## Breastfeeding Friendly Child Care Designation



**BREASTFEEDING  
FRIENDLY  
CHILD CARE**

*Sponsored by Child Care Aware® of Kansas*

Child Care Aware® of Kansas would like to recognize child care providers that support breastfeeding families and employees through the Breastfeeding Friendly Child Care Designation.

To receive the designation, child care providers must meet five criteria that demonstrate a culture of breastfeeding support. Programs receiving the Breastfeeding Friendly Child Care Designation will receive a certificate, a window cling and be recognized in the Provider Profile information that is distributed through the Child Care Aware® of Kansas Resource Center that provides information to families looking for child care.

### Requirements for a Breastfeeding Friendly Child Care Designation:

1. Providing a welcoming and supportive environment for breastfeeding families.
2. Offering breastfeeding resources to families.
3. Feeding all infants responsively and in a manner that supports breastfeeding as outlined in individual infant feeding plans based upon parent input.
4. Training all staff caring for children ages 0-3 years to support breastfeeding families.
5. Following a written breastfeeding policy for employees that complies with the Federal Labor Standards Act.

Contact us (1-855-750-3343) to get your application TODAY!

### Healthy Eats

### Easy Flag Snack

#### Ingredients:

- ★ Cherries
- ★ Blueberries
- ★ Strawberries
- ★ Raspberries
- ★ Yogurt covered pretzels



#### Directions:

1. Insert blueberries in a bowl and place on rectangle platter.
2. Alternate pretzels with the red berries.

Source: Pinterest