Applying sunscreen

Check the daily sun protection times at sunsmart.com.au and use the 5 SunSmart steps for all outdoor play.

Sunscreen tips

- Set up a sunscreen station - try a pump pack or roll on (they are usually easier to use) and have a mirror available so children can see what they are doing.
- Visit sunsmart.com.au to see an example of a sunscreen station in action.
- Appoint sunscreen buddies so children can help each other.
- Apply sunscreen to all parts of skin not covered by clothing.
- Try to apply 20 minutes before going outside.
- Reapply sunscreen every TWO hours (even if the label states 4 hours protection).
- Check the sunscreen’s use by date and store sunscreen under 30 degrees.
- Store sunscreen in a cool place.