

Applying sunscreen



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



Sunscreen tips

Please ensure sunscreen is applied with adult help or supervision.

- For children over three years, 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.
- Suggest children apply a dot of sunscreen to their cheeks, nose and chin (avoiding the eye area) and carefully rub that in. Apply squiggles to the parts of their arms and legs not covered with clothing and rub those in.
- Appoint sunscreen buddies so children can help each other.
- 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 expiry date and store sunscreen under 30 degrees.
- Visit sunsmart.com.au to see an example of a sunscreen station in action.