

# Sun Safety in Family Child Care



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## Take Note (Tome Nota)



Recording this Session  
(Grabar la session)



Certificate & Evaluation  
(Certificado & Evaluación)



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## Evaluation/Certificates (Evaluación/Certificados)

- 100 % Attendance
- Evaluation
- Certificate
- 100 % de Asistencia
- Evaluación
- Certificado



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### Learning Outcomes

After this training, FCC providers will be able to discuss:

- The importance of protecting your skin from the sun; and
- Ways to engage in sun-safety behaviors in family child care settings



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## Let's chat!

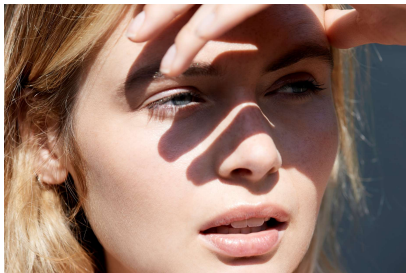


Type in the chat  
some of the action  
you take when  
protecting  
yourselves from the  
sun



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## How to Protect Your Skin from the Sun



Shade

Clothing

Hat

Sunglasses

Sunscreen



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## Shade

- Umbrella
- Tree
- Playscapes
- Other shelter



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## Clothing

- Long-sleeved shirts and long pants and skirts
- T-shirt or a beach cover-up
- Tightly woven fabric offer the best protection
- Darker colors may offer more protection than lighter colors



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## Hat



- Provide shade for your shades your face, ears, and the back of your neck
- A tightly woven fabric, such as canvas, works best to protect your skin from UV rays
- A darker hat may offer more UV protection



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## Sunglasses



Sunglasses protect:

- Eyes from UV rays and reduce the risk of cataracts
- Tender skin around your eyes from sun exposure



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## Sunscreen



Put on broad spectrum sunscreen that filters out both UVA and UVB rays and has an SPF of 15 or higher before you go outside



Sunscreen wears off...reapply and put a thick layer on all exposed skin



Sunscreen works best when combined with other protective strategies



Check the expiration date!



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## Sun Safety Tips

Increase Shade

Promote Sun-safe Behaviors

Educational programs for child care



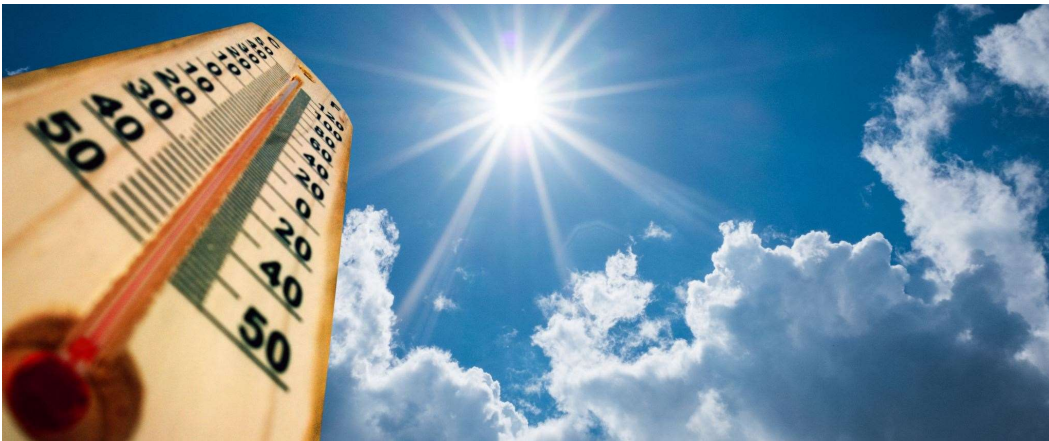
12

# Increase Shade



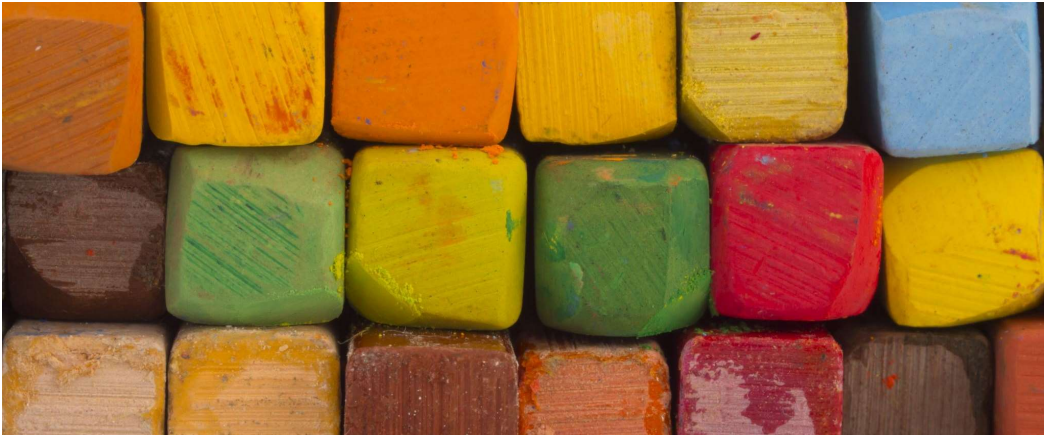
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# Promote Sun-Safe Behaviors



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## Educational Programs for Child Care



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## NAFCC (<https://nafcc.org/>) Outdoor Safety Checklist

4.110 The educator locates bare metal platforms and slides them out of direct sunlight to reduce the likelihood of serious burns.

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## FCC Wellness moment: Establishing Your Vacation Policy



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## Let's chat!



Type in the chat  
some of the sun-  
safe behaviors you  
plan to use in your  
child care



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## Resources/References

- Sun Safety  
[https://www.cdc.gov/cancer/skin/basic\\_info/sun-safety.htm](https://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm)
- The Truth About Sunscreen: 7 Facts That Will Set You Straight for Skin Protection This Summer  
<https://blogs.cdc.gov/cancer/2019/05/01/the-truth-about-sunscreen-7-facts-that-will-set-you-straight-for-skin-protection-this-summer/>
- Sun Safety Evidence-Based Programs Listing - National Cancer Institute  
<https://ebccp.cancercontrol.cancer.gov/topicPrograms.do?toPicId=102269&choice=default>
- How Taking a Vacation Improves Your Well-Being  
<https://hbr.org/2023/07/how-taking-a-vacation-improves-your-well-being>



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## Reaching out



The diagram features a person wearing a headset on the left and a house with a family of three (two adults and a child) on the right. Two blue curved arrows connect them: one pointing from the person to the family, and another pointing from the family back to the person, indicating a two-way communication process.


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## Thank you!



A magnifying glass with a black handle and a silver rim is centered on a solid yellow background. The lens of the magnifying glass is slightly tilted, and its reflection is visible on the surface below it.



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