

Sun safety

Babies under six months old should be kept out of the sun. Babies over six months old should wear sunscreen. This needs applying 30 minutes before going out to allow time for it to sink into the skin and be active. It should be reapplied as per the bottle's instructions. Hats and sunglasses should be worn if there's a lot of bright light. Children need an SPF of at least 30. Keep children well hydrated with additional water drinks if they aren't as hungry.