**Sun safety advice for parents**

We know children love spending time outdoors, whether in the garden, park, or beach, however, their skin is more delicate than adults and can easily be damaged by the sun, even when it doesn’t seem strong.

Skin damage caused by repeated exposure to sunlight could lead to skin cancer developing in later life. Therefore, it is extremely important to protect their skin.

However, there is lots of information, including various myths, around sun protection, so the BSF has put together some materials for you to download to equip you with the knowledge you need to protect your child(ren) from the sun.

Remember! Set your child(ren) a good example by also following this advice so your whole family can have a sun safe summer.

**Sun Safety - Top Tips**





