

Spending Time Outdoors with Your Infant or Child

How will I protect my child from the sun?

- Keep your little one in a long sleeved shirt and pants, with a sun hat to protect their face and neck.
- Avoid being outside during peak sun hours (10:00 a.m. to 2:00 p.m.).
- Seek shade whenever possible.
- Use sunscreen on children or babies **over six months of age**. The American Academy of Pediatrics recommends not using sunscreen until six months of age.
- Choose a sunscreen with **at least** SPF 30 and reapply **at least** every two hours (more frequently if your child is in water).
- Consider using a sunscreen that contains only inorganic filters such as zinc oxide or titanium oxide.
- Avoid using aerosolized sunscreens on children, as they can be inhaled accidentally.



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How will I keep my child safe from bugs?

- Avoid perfumed lotions and products for your child.
- Have your child wear pants and a long-sleeved shirt. Wear socks to protect ankles.
- Avoid areas with standing water, particularly around dawn and dusk.
- Use mosquito netting if hiking with a carrier. Use insect repellent to avoid mosquito bites. Avoid spraying insect repellent near mouth or nose where children may inhale, and avoid spraying it in an enclosed area. Do

not apply to a child's hand, as they might ingest it accidentally. Give your child a bath at the end of the day to wash off any repellent.

How will I keep my child safe on a bicycle?

- Avoid busy streets. Prefer to bike in parks, on bike paths or residential streets.
- **Wear Helmets – Everyone!** Set an example for your child by wearing a helmet. Make sure your child's helmet is appropriately fitted (should be able to fit no more than two fingers underneath chin strap).
- Guidelines for safe pedaling with children
 - Bicycle trailers are safer than rear-mounted seats.
 - Make sure your child is secured in the trailer or seat using a shoulder harness and lap belt.
 - Do not use a bicycle-mounted seat for children under 12 months or children weighing more than 40 pounds. Make sure the seat is securely attached and spoke guards are in place.

Choosing the right bug spray

- Choose an insect repellent that has between 10 to 30 percent DEET. DEET-containing compounds last 2-5 hours, and typically do not need to be re-applied.
- Picaridin and oil of lemon eucalyptus (also known as P-menthane diol) are safe alternatives, although PMD should not be used on children older than 3 years.

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