

# Protect Your Child

## Use SunSense

Childhood is an important time to intervene to prevent development of skin cancer. Start these healthy habits early to protect your child from sun burns and increased risk of skin cancer. Be sure to protect yourself as well and be a strong role model.



**Seek** | Seek shade or create your own where it is not available



**Slip** | Wear weather appropriate clothing that provides sun protection



**Slap** | A wide brim hat protects your ears, neck and face



**Slop** | SPF 30 or higher to protect your skin



**Slide** | Protect your eyes

Learn more at :  
[cancer.ca/sunsense](https://cancer.ca/sunsense)

Research indicates childhood sun exposure is an important contributing factor to the development of skin cancer later in life. But staying inside is not the answer! There are compelling benefits to children playing and learning outdoors. Appropriate sun safety habits are essential to maximize health and enjoyment all year round and prevent skin cancer.

Skin cancer is the most common type of cancer, despite being highly **PREVENTABLE!**

Did you know:

**80%**

of exposure to Ultraviolet Radiation occurs before the age of 18

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