



Sun Protection Info, Prevention Method Form & Sunscreen Consent Form

Dear PCFLC Parents,

Summertime is virtually here, and with the long-awaited sunshine comes decisions for parents to make regarding sun protection for their child(ren). We've put together a list of top tips for parents of young children (and everyone else, too!):

- **Test the sunscreen** by applying a small amount on the inside of your child's wrist the day before you plan to use it. If an irritation or rash develops, try another product. Ask your child's doctor to suggest a product less likely to irritate a child's skin.
- Eating vitamin A-laden vegetables is good for you, but spreading vitamin A on the skin may not be. Government data show that tumors and lesions develop sooner on skin coated with vitamin A-laced creams. Vitamin A, listed as "retinyl palmitate" on ingredient labels, is in one-fourth of sunscreens on the market. Avoid them.
- Avoid the sunscreen chemical oxybenzone, a synthetic estrogen that penetrates the skin and contaminates the body. Look for active ingredients zinc, titanium, avobenzone or Mexoryl SX. These substances protect skin from harmful UVA radiation and remain on the skin, with little if any penetrating into the body. Also, skip sunscreens with insect repellent – if you need bug spray, buy it separately and apply it first.
- EWG's sunscreen database rates the safety and efficacy of about 1,800 SPF-rated products, including about 800 sunscreens for beach and sports. We give high ratings to brands that provide broad spectrum, long-lasting protection with ingredients that pose fewer health concerns when absorbed by the body.
- Sprays and powders cloud the air with tiny particles of sunscreen that may not be safe to breathe. Choose creams instead. Reapply them often, because sunscreen chemicals break apart in the sun, wash off and rub off on towels and clothing.

Remember, the use of sunscreen at school is optional. A sun hat and a long-sleeved surf shirt are good ways of preventing excess sun exposure, as well. Please decide what the best solution is for your family, and let us know on the form following.

Preventing My Child From Excess Sun Exposure

To protect my child(ren) from excess sun exposure, I choose to protect him/her by (please choose one):

_____ Supplying a sun hat and sun-preventive clothing

_____ Supplying sunscreen and the completed permission slip below
(Reminder: Please use a permanent marker to write your child's name on their plastic container of sunscreen)

_____ Both

Name(s) of Child(ren):

Signature of Parent/Guardian: _____ Date: _____

If you said YES to sunscreen, please proceed to complete the Permission Form below:

Permission for Sunscreen

My child(ren), _____, may have sunscreen applied to exposed skin areas before going outside on warm, sunny days.

I will provide a sunscreen with a sun protection factor (SPF) of 15 or more (without Paba is recommended). Paba gives some children blotchy rashes.

I will mark my child's name on his/her sunscreen PLASTIC container with a permanent marker.

Signature of Parent/Guardian: _____ Date: _____

