

Compact advice

Sun protection for babies and children

How to be safe in the sun – our top tips^{1,2,3,4}



- ☀️ Avoid exposing babies to direct sunlight for the first 12 months. In the first months of life, a child's skin does not yet tan and can easily be damaged by exposure to UV radiation.
- ☀️ Apply a generous amount of sunscreen to all exposed skin areas to protect them against sunburn and frequently reapply whenever spending extended periods of time outside in the sun.

- ☀️ Avoid the strong midday sun (around 11am – 3pm) in spring and summer.
- ☀️ Dress babies in sun protective clothing from top to bottom – hat, shirt and pants. We recommend light clothes and a sun hat with neck protection or a wide brim.
- ☀️ Use sunglasses with UV protection, especially when on the water and in the mountains.

What's important when it comes to sunscreen?

- high SPF (e.g. SPF 50+)
- UVA + UVB protection
- free from fragrances
- water-resistant
- easy to spread and quick to absorb
- clinically tested & approved by ophthalmologists
- reef-friendly

FAQs on UV filters⁶

What is the difference between chemical and mineral filters?

Chemical filters absorb the molecules of the sun rays and transform them into heat. Mineral filters, in contrast, contain pigments that reflect the sunlight.

Are these UV filters safe?

In the EU, the SCCS (Scientific Committee of Consumer Safety) evaluates the health implications of UV filters based on scientific data. Manufacturers can only use UV filters that according to this data do not pose any health risk for the consumer.

Why do we use chemical filters in HiPP Babysanft products?

A water-resistant sunscreen with a high SPF that contains only mineral UV filters is usually very difficult to spread and leaves a white residue on the skin. This often means that the children end up not liking sunscreens being applied. Our HiPP sun protection products, on the other hand, have a pleasant texture, are easy to spread and absorb quickly into the skin.

Dangers of sunburn

Sunburn is not only unpleasant and painful for a baby, it also increases their risk of developing skin cancer. Damage to the skin, however, begins well before sunburn – the risk of long-term damage is already increased before the skin turns red.

Important information:

- Act responsibly in the sun.
- Up to 80% of UVA rays reach the earth even when it's cloudy⁴.
The UV radiation level on a given day is reported on the UV Index forecast
No sun protection is needed up to a UVI value of 2².

What to do if a child gets sunburn?⁵:

- Apply cold compresses soaked in water, cold camomile tea or buttermilk/ yoghurt on the sun-irritated skin (leave on and renew the compress every 30 minutes).
- Apply lotions with aloe vera or dexpanthenol, for example, to provide cooling relief.
- Avoid further exposure to the sun and give the child plenty to drink.
- Never use creams containing lipids or oil! These complicate the diagnosis at the doctor's office and can cause a wound to become infected.

Immediately see a doctor, in case of ...

- serious symptoms such as vomiting, chills or fever.
- burns with burn blisters – never open these blisters yourself (risk of infection!).
- a sunstroke.

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References:

1 Abeck D: Sonnenschutzmittel als wichtige Säule des modernen Sonnenmanagements. Kinderkrankenschwester 32, Nr. 5, 2013. • 2 BZgA (Bundeszentrale für gesundheitliche Aufklärung): Ohne Wenn und Aber: Sonnenschutz für Kinder, 02.2014. www.kindergesundheit-info.de • 3 Paller et al.: New insights about infant and toddler skin: Implications for sun protection. Pediatrics 128, 2011 • 4 Schuler-Thurner B, Schliep S, Erdmann M: Sonnenschutz bei Kindern. Kinder- und Jugendmedizin 5, 2010 • 5 www.kinderaerzte-im-netz.de/krankheiten/sonnenbrand-sonnenallergie/ • 6 Sonnencreme und Co. – gibt es gesundheitliche Risiken? BfR 2019. Verfügbar unter www.bfr.bund.de. Aufgerufen am 08.02.2022.

Gentle sun protection for baby's delicate skin

- SPF 50+
- ultra sensitive & free from fragrances
- water-resistant
- climate-positive
- easy to apply, non-greasy & quick to absorb



A HiPP service for medical professionals