

Sun Protection for Newborns and Infants

Everyone loves to get outside and enjoy fun in the sun, but it's important to keep in mind that your baby's tender skin isn't used to harsh sunlight and their system isn't as good at handling heat as yours.

You can take steps to protect your baby's skin when you're out and about and help prevent heat-related issues. Some of the steps you can take include Avoid going outside during the hottest part of the day. Cover him up, dress him in SPF clothing. If your baby is over 6 months old, use a sunscreen with a SPF of 30 or higher on her skin.

Watch out for the signs of heat rash. It looks like patches of small pink or red bumps or blisters under clothing or spots where skin tends to fold—on the neck, elbows, armpits, or thighs. A baby with heat rash will act normally and should not have a fever.

To avoid heat rash: Get out of the sun and take your baby to a cool place with air conditioning or fans. Dress your baby in clothing that keeps the skin cool and dry. Pay attention to hot spots. Wash areas of the skin that stay wet with cool water. Pat them dry. Keep skin bare. Leave areas open to air without clothing. Don't apply skin ointments.

If you do see signs of heat rash, it's important to take immediate action to prevent a worse heat-related condition. If the heat rash doesn't clear up in a few days, or your baby develops a fever or other symptoms like swelling or redness, call your doctor right away.