

Moak

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baby in the shade, if possible," she adds. "If there's no natural shade, create your own with an umbrella or the canopy of the stroller."

As for dressing your baby for a day in the sun, the American Academy of Pediatrics recommends lightweight long pants, long-sleeved shirts and brimmed hats that shade the neck. Avoid baseball caps, which (while cute) don't adequately protect the neck and ears.

Here are some of the

FDA's other tips:

» Keep your baby in the shade as much as possible.

» Consult your pediatrician before using any sunscreen on your baby.

» Make sure your child wears clothing that covers and protects sensitive skin. Use common sense; if you hold the fabric against your hand and it's so sheer you can see through it, it probably doesn't offer enough protection.

» Make sure your baby wears a hat that provides sufficient shade at all times.

» Watch your baby carefully to make sure he or she doesn't show warning signs of sun-

burn or dehydration. These include fussiness, redness and excessive crying.

» If your baby is becoming sunburned, get out of the sun right away and apply cold compresses to the affected areas.

» Give your child formula or breast milk if you're out in the sun for more than a few minutes. Don't forget to use a cooler to store the liquids.

To read the FDA's article in its entirety, visit <http://bit.ly/2vu4FBS>

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