

# What's cooler than a talking penguin in sunglasses?

**Kids that protect their skin from the sun!**

**Follow these simple sun safety tips to help reinforce these healthy habits at home!**

**1.**

**Teach them how to be cool!**

Sunscreen is cooler when you apply it yourself. Teach proper application techniques by coaching your child while they apply their own.

**2.**

**Set a sun safety timer.**

Sunscreen should be applied every 2 hours. Set a timer to avoid a sizzlin' sunburn!

**3.**

**Help them practice sun safety in style.**

Let their style shine by letting them pick out their own gear, including a long-sleeve shirt and a hat that protects their face, neck, and ears.

**4.**

**Don't forget some cool shades!**

Complete their stylin' ensemble with trendy sunglasses that block both UVA and UVB rays!

**5.**

**Be a sun safety model for your child!**

Your habits become their habits, so be sure you're modeling healthy sun safety habits.

