



The following information is adapted from
www.sunsmart.com.au

Please visit this site for a Comprehensive look into Sun Smart.

“Since the early 1980s Sun Smart has used advertising to promote sun protection and skin cancer prevention messages. Our media messages have always been tailored to work with the culture and community awareness of the time. Early sun protection media messages were positive, encouraging, and designed to be good news. As the public became more aware of the Slip Slop Slap message, the message moved from raising general awareness about covering up from the sun how they can reduce their risk of skin cancer and how they can identify changes to their own skin that may be skin cancers.

One of the most successful health campaigns in Australia's history was launched in 1981, when a cheerful seagull in board shorts, t-shirt and hat danced his way across our TV screens singing the jingle.

Slip, Slop, Slap!

It sounds like a breeze when you say it like that

Slip, Slop, Slap!

In the sun we always say "Slip Slop Slap!"

Slip, Slop, Slap!

Slip on a shirt, slop on sunscreen and slap on a hat

Slip, Slop, Slap!

You can stop skin cancer - say: "Slip, Slop, Slap!"

Why become Sun Smart?

Australia has the highest rate of skin cancer in the world. Sun exposure during childhood and adolescence is a risk factor for skin cancer later in life.



Similarly, child care workers have a responsibility to adopt protective measures introduced by their employer.

Staff can claim sun protection related expenses on their income tax.

What is a Sun Smart Family Day Care Scheme?

Family day care schemes can participate in Sun Smart schemes.

Family day care schemes receive:

-  a certificate recognising the care provider's Sun Smart practice
-  a sun protection educational resource (Be Sun Smart, Play Sun Smart).”

Prevent Heat Related Illness

The following information is adapted from
Department of Emergency Services

Babies and young children are more susceptible to heat related illnesses than adults because their bodies cannot easily adapt to changing temperatures. Children have a lower capacity to sweat which reduces their body's ability to lose heat.

As babies and young children are dependent on adults to supply essential needs it is important to remember as adults that we need to identify climatic conditions and changes which are likely to lead to heat related illnesses.

In the event of extreme heat:

- Give children plenty of water, ensuring that they do not become thirsty.
- Avoid drinks that dehydrate the body like fizzy drinks and high sugar drinks.
- Give bottle fed babies cool boiled water between regular feeds.
- Monitor urine output: Babies are dehydrated if nappy is dry for longer than 3 hours
Children should urinate regularly and urine should be clear to light straw colour.
- Dress children in loose fitting, cotton clothes in single layers.
- Be aware of pre-existing medical conditions which may be affected by the heat.
- Avoid using talcum powder as it clogs the sweat pores.
- Wear broad-brimmed hats and SPF 30+ Sunscreen.
- Keep children inside during the hottest part of the day 10.00am to 3.00pm

Be alert to early signs of heat stress...

- Rising body temperature.
- Dry mouth.
- Dry eyes.
- Headaches.
- Shortness of breath.
- Vomiting.
- Absence of tears when crying.

In an emergency call triple Zero (000)