

## Keep Summer Fun - Summer Safety Tips for Children



### How to Keep Bugs Away During the Summer

Summertime is a fun time - except when you have annoying neighbours that like to bite.

Get ready: mosquitoes and black flies have moved in for the summer.

So, what's the best way to fight against bug bites?

#### Keeping Bugs Away Using Bug Sprays and Lotions

Bug sprays and lotions that last longest [contain one of three ingredients](#):

1. Deet
2. Icaridin (or Picaridin)
3. Oil of lemon eucalyptus

Always read the labels for these [common bug spray ingredients, application instructions and restrictions](#):

Icaridin	Not intended for babies under 6-months old
Permethrin	For adult use only
Soybean oil	Intended for all ages
Citronella oil	Not recommended for children under the age of 4
DEET	10% concentration for children ages 2-12; not intended for very young children
Oil of lemon eucalyptus	Intended for children over 3-years-old

Health Canada further recommends not to use any bug spray at all if your child is under 6 months old.

## Keeping The Bugs Away Without Using Chemicals

- While they don't last as long as their chemical counterparts, you can opt for making a [natural DIY bug spray](#) using herbs and essential oils, or dabbing peppermint extract on the skin
- Avoid wearing brightly coloured clothing
- Choose light, breathable cotton clothing that covers your body
- For babies, use mosquito netting for strollers and carriers
- Set up a gazebo replacement canopy to enjoy the outdoors in the shade

## 3 Recommended Bug Sprays to Buy for Your Child

Help prevent those pesky bug bites with these top-rated bug sprays for children:

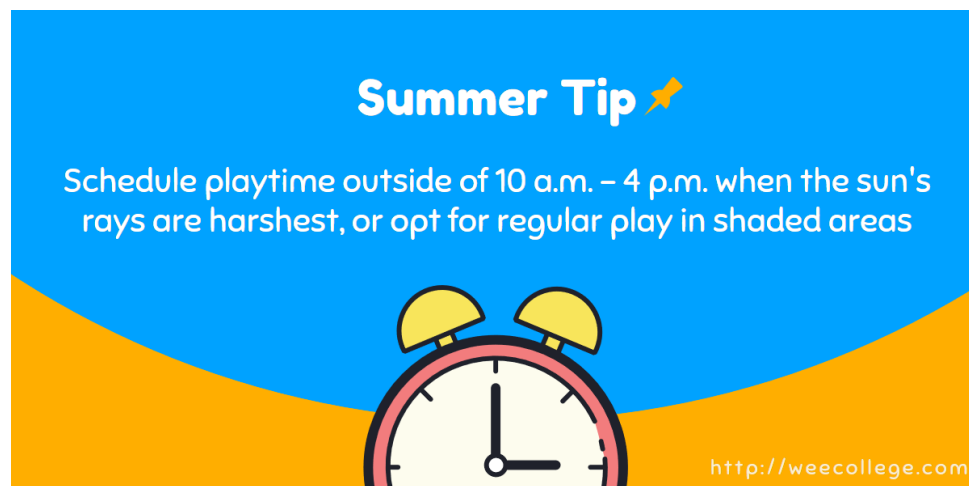
1. [Avon Skin So Soft Bug Guard Plus Icaridin Insect Repellent Spray](#)
2. [Burt's Bees Herbal Insect Repellent](#)
3. [OFF! FamilyCare Spray Insect Repellent](#)

As always, be mindful of DEET concentration when selecting a bug spray for your family.

## Choosing a Sunscreen for Your Child

When selecting sunscreen for your child, consider sunscreens that:

- Have SFP 30 or higher
- Offers broad-spectrum protection (UVA/UVB)
- Is water resistant ([source](#))
- A sunscreen that contains zinc oxide and titanium dioxide as ingredients - these are safe for your child's sensitive skin and deflect the sun's rays ([source](#))
- Are labeled for children's use



## How to Apply Sunscreen

- Apply on all surfaces such as toes, on top of feet, hands, ears, face, scalp and neck
- Reapply every two hours - or more often if enjoying the water ([source](#))
- Try to apply 15-30 minutes before going outside to enjoy the sun ([source](#))
- Aim to apply roughly one teaspoon of sunscreen per body part ([source](#))
- Consider the area: try sticks for small, delicate surfaces such as the face and lips and lotions for larger areas such as legs, arms and tummies



## 3 Recommended Sunscreens to Buy for Your Child

There are *thousands* of sunscreen options, which means added stress for you on top of an already stressful situation of wrestling with your child to apply it.

These three sunscreens for young children are all recommended by the Canadian Dermatology Association and are under \$20

1. [Aveeno Baby Mineral Sunscreen Lotion SPF 50, with Zinc Oxide Active Naturals for Sensitive Skin](#)
2. [Coppertone Water Babies Sunscreen Lotion - SPF 60](#)
3. [ThinkBaby: Safe Sunscreen SPF 50, Broad Spectrum Protection](#)

Have extremely sensitive skin? [Try one of these top-rated natural sunscreens.](#)

Protection from bugs? *Check.*  
Protection from the sun? *Check.*  
Ready for summer? *Check.*

Enjoy your summer!

*Please note that this blog post is for general information only. The content above should not be used as a substitute to information obtained from a licensed dermatologist and/or other health professional(s).*