

# Lessons in Skin Care from Tots to Teens

According to Helen Raynham, M.D., a member of the American Society for Dermatologic Surgery (ASDS), "With skin cancer rates on the rise and the median age of those being treated becoming younger each year, parents need to understand the importance of protecting their children's skin as early as possible."

Children exhibit a natural and fresh-looking complexion, yet many parents neglect to take the necessary precautions to preserve that flawless skin. From overexposure to the sun to neglect in treating acne during the teen years, decisions parents make now will affect the appearance and health of their children's skin for years to come.

No parent wants to be responsible for contributing to their child's skin complications, so it's important to use proper skin protection from day one and to teach children the importance of skin care as they age. To help educate parents, Raynham and the ASDS offer the following advice:

## During Infancy

☀️ **Moisturize daily.** To minimize dry skin, parents should moisturize their babies with a fragrance-free lotion immediately after the baby's daily bath.

☀️ **Shield infants from midday sun.** Infants should be protected from the sun between the hours of 10am and 3pm, when sun rays are most damaging to the skin.

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