



# June Newsletter - Home Visiting

## EHS Home-Based Programs

### June Home Visiting Newsletter

Welcome to the month of June. As we move forward and the weather changes please, make sure that we are dressing our children in the appropriate attire.

Let's keep in mind some important factors about outdoor play:

Sun safety for babies and children

Simple sun safety precautions can minimize UV exposure and prevent skin damage and sunburn for your child. It's all about timing, shade, protective clothing and sunscreen.

### Sun safety: why it's important

Too much sun can lead to sunburn, skin damage, eye damage, skin cancer, and a weakened immune system. Your child needs some sun to help her body to make vitamin D, which is important for things like strong bones and muscles. However, you have to **be careful about how much sun** your child gets on her skin.

### Sun safety at different times of year and day

Your child's sun protection needs change at different times of year and different times of day. **Ultraviolet (UV) radiation** levels are highest between about 9 a.m. and 4 p.m., depending on where you are and the time of the year. Your child needs sun protection when the **UV radiation level is 3 or above**. You can check the UV levels for your area using the Sun Smart application or google the Bureau of Meteorology UV and sun protection guide.

Also, it is the time of the year when many of our families take vacations. **Please remember that the Home Base educator will continue to visit throughout the summer.** Please inform your child's teacher if you will be going on vacation so that they can plan your visits accordingly. Thank you all for your hard work and support in our Early Learning program and have a great summer.