

Keep kids safe from the sun

Kai haumarū ngā
tamariki i te rā



When outdoors, remember to:



SLIP

your child into some shade.

Me noho koe ki wāhi whakamarumarū.

and



your child into loose fitting, cool clothes. Select tops with collars and sleeves that reach the elbow and bottoms that go down to the knees.

Me mau kākahu ringa roa.



SLOP

on some sunscreen before taking your child outside. Put it on any skin not covered by clothes.

Me pani kirīmi ārairā.



SLAP

on a hat with a wide brim or cap with flaps. You may need to tie it on. Wear a hat yourself as children like to copy you.

Me mau pōtae ārairā.



WRAP

Hats shade eyes but sunglasses can provide additional protection if they meet the standard. This can be found on the label.

Me mau mōhiti ārairā hoki.



Cancer Society of New Zealand



SUNSMART