#newfamilyrule

‘How to’

Follow these steps to make sun protection your #newfamilyrule.

1. **FAMILY DISCUSSION**: As a family, discuss why sun protection is your #newfamilyrule and outline how to protect your skin.

2. **GET READY**: Gather your sun protection tools (hat, long clothing, sunglasses, sunscreen, shade) and place them in several accessible spots in your home, car and outdoor spaces.

3. **BUILD SUN PROTECTION INTO YOUR LIFE**: Establish routines such as ‘hats and shoes on’, ‘sunscreen after meals and snacks’ and scheduling outdoor activities before 11 a.m. or after 4 p.m., if possible.

4. **BE A ROLE MODEL**: Your #newfamilyrule will be most successful if you show your kids that sun protection is important for every member of the family. Be a role model — protect your skin outdoors and avoid indoor tanning equipment.

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