

# YAHOO! LIFESTYLE

## The best sunscreens for toddlers: 'It's the only thing I trust on my son with eczema'

By: Dana Oliver February 8, 2019



When it comes to skin care essentials for your child, sunscreen probably isn't on your shopping list unless you're going on vacation. But it definitely should be!

Whether you're packing a suitcase before heading to a tropical destination or stocking your everyday diaper bag with on-the-go must-haves, sunscreen for toddlers is key to keeping your little ones sun safe.

Board-certified dermatologist and celebrity beauty expert **Anna Guanche** advises parents of babies under 6 months to discuss sun protection with a pediatrician, as applying sunscreen to their delicate skin could lead to irritation.

"In general, these munchkins should be kept in the shade, covered with loose clothing and should be wearing hats when outside," Guanche tells Yahoo Lifestyle. "Also, stay out of direct sun from 10 a.m. to 2 p.m. because that is when the most damaging rays are at their peak."

Once your child reaches 6 months of age, Guanche suggests finding a high-quality, FDA-approved sunscreen. To take the guesswork out of perusing drugstore shelves stocked from ceiling to floor with sunscreen, the dermatologist suggests starting with big-name brands with formulas that are fragrance free.



“These companies spend lots of funds trying to get their sunscreens approved by the FDA Over-the-Counter branch and on the market. They are also heavily scrutinized,” she notes. According to Guanche, those FDA guidelines include: must be broad-spectrum (protection against both UVA and UVB rays); labeling that clearly indicates how water “resistant” they are; and it can’t say the word “sunblock.”

If you are perplexed by physical sunscreens, you’re not alone. Physical sunscreens are typically formulated with zinc oxide and titanium dioxide. Because these ingredients sit on the skin and don’t get absorbed, Guanche believes physical sunscreens are the best sunscreens for toddlers in that they are less likely to lead to irritation.

“Most sun damage in your lifetime is done between the ages of 2 and 16,” Guanche notes. So, her final words of advice are to wear sunscreen daily, even on cloudy days, and reapply after two hours.

Now that you know more about sun safety for small children, shop some of the best sunscreens for toddlers below. Then tell us your favorites in the comments section.

Blue Lizard Australian Sunscreen Baby SPF 30+



This paraben- and fragrance-free sunscreen is on the pricier end; however, it's worth every dollar. Plus, you get a lot of product in this nearly 9-fluid-ounce bottle, which turns pink when exposed to UV light. So you'll know for sure it's time to slather your kid in sunscreen. When speaking to its effectiveness, one reviewer said, "I first used this sunscreen when my 9 year old was a baby. I now use it on my 2 year old and 6 month old. None of my kids have gotten burned using this."



Let's be honest, sunscreens aren't known for smelling the best. But one reviewer wrote, "This smells amazing!!" California Baby's calendula, French lavender and clary sage-infused line of products possess an aroma that your baby will find soothing. The mineral sunscreen offers 60 minutes of water resistance, and its allergy-tested formula also works for adults with sensitive skin.

<https://www.yahoo.com/lifestyle/best-sunscreens-toddlers-keep-little-ones-sun-safe-225757705.html>