



MANUAL

Overview of the *No Sun for Baby Program*

Introduction

Sun protective behaviors must begin early in life and be taught as routine preventive health care. Excessive exposure to the sun causes most skin cancers and numerous studies have shown that sunburns during the first 20 years of life are linked to melanoma, the most fatal of skin cancers. Safe sun practices, such as using sunscreen with a Sun Protection Factor (SPF) of 15 or greater, wearing protective clothing, hats and sunglasses, and seeking shade during peak sun exposure times, can prevent many types of sunburn.

In 2001, the Maine Skin Cancer Task Force, a committee of the Maine Cancer Consortium, launched the *No Sun for Baby Program*, a sun protection education program for parents of newborns, in Portland area hospitals. In addition to incorporating education on skin protection in childbirth education classes as well as during baby bathing demonstrations, the *No Sun for Baby Program* provided parents with a Sun Safety Kit. Included in the Kit were a plastic pail and shovel, a baby sun hat, educational materials about newborn sun safety, and an evaluation postcard. Prior to discharge, parents received the Kit and verbal reminders of how to appropriately protect the baby's skin from sun exposure.

According to feedback from both parents and hospital staff, the *No Sun for Baby Program* was overwhelmingly successful. Parents appreciated receiving the information on how to care for their baby's skin and found the Sun Safety Kit to be helpful. Hospital staff reported that implementing the *No Sun for Baby Program* was very simple with little or no extra time required to do so. They also reported it was easy to include sun protection information in both childbirth education classes and during bathing demonstrations.

Based on these findings, the Maine Skin Cancer Work Group, the Maine Comprehensive Cancer Control Program and the Melanoma Foundation of New England are offering mini-grants and assistance to all hospitals in Maine to implement the *No Sun for Baby Program*. We welcome suggestions on how to better improve the program and are available to talk with you or your staff about implementing the *No Sun for Baby Program* at your hospital. Maternity nurses and childbirth educators can play a special role in starting sun safety education for all parents of newborns in Maine.

Purpose

The purpose of the *No Sun for Baby Program* is to educate parents of newborns on the methods for and importance of sun safety for their baby.

Audience

The primary audience for the *No Sun for Baby Program* is parents of newborns.

Materials

Sun safety kit should include the following:

- * Plastic pail and shovel (optional – could use plastic bag with hospital name)
- * Baby sun hat (to be purchased or hand made)
- * Educational information on baby sun safety
- * Survey forms (to be given to parents)

Components

The components of the No Sun for Baby Program are:

- * Inclusion of information on sun safety during childbirth education classes. This can be incorporated into the general safety section or during the “how to care for your baby” section
- * Inclusion of information on sun safety while teaching parents about bathing their baby
- * Distribution of the Sun Safety Kit to parents prior to hospital discharge
- * Tracking the number of Sun Safety Kits distributed to parents
- * Compiling results from the survey forms received
- * Responding to the Maine Skin Cancer Workgroup and the Maine Comprehensive Cancer Control Program annually on the number of Sun Safety Kits distributed and feedback from parents

Evaluation

There are four methods to determine the success of the *No Sun for Baby Program* at your hospital. They are:

1. The number of new parents who receive information about sun safety.
2. The number of new parents who intend to follow sun safety precautions as a result of participating in the program.
3. The number of Sun Safety Kits distributed
4. Feedback from nursing and childbirth education staff on the Program

Cost

The cost of the Program is variable. Using the suggested materials listed above, the cost is approximately \$6.50 per newborn (see below). However, there are many ways to reduce the cost of the Program. For example, the plastic pail and shovel could be replaced with a plastic bag bearing the name of the hospital. Also, rather than buying the baby sun hats, your hospital auxiliary group, local high school home economics class, or sewing circle could make the hats.

Approximate cost

- Plastic pail and shovel – \$0.75 - \$1.00 per bucket
- Baby sun hat – \$5.00 per hat if purchased
- Educational information – Free from the Melanoma Foundation of New England and American Cancer Society (quantity limited)

Where to Obtain Baby Sun Safety Kit Material and Educational Information

If you are interested in obtaining materials to distribute Baby Sun Safety Kits at your hospital, please contact the companies listed below for more information.

- Plastic pail and shovel – Vibrations Promotions (212-371-3717 or www.vibrationspromo.com)
www.toyconnection.com
- Baby sun hat – Dharma Trading Company (www.dharmatrading.com)
Kidstock, Inc. (<http://www.kidstockmontana.com/flaphappy.html>)
- Educational information
Melanoma Foundation of New England (MFNE) (www.mfne.org or 1-800-557-6352)
 - Play It Safe in the Sun (free from MFNE)
 - Precious Children (for parents) found at www.maineconsortium.org under skin cancer

Skin Cancer Foundation (www.skincancer.org)

- Sun proofing Your Baby brochure (.31-.60 cents per brochure based on the quantity ordered)

American Cancer Society (www.cancer.org or 1-800-464-3102) provides brochures at no cost

- A Parent's Guide to Skin Protection brochure (for parents)
- Sun Basics...Skin Protection Made Simple (for youth)
- It's Your Skin. Wear it well (envelope stuffer size)

The Maine Cancer Consortium (www.maineccancerconsortium.org)

- Sun Safety for ME brochure (can be downloaded from the above site)

American Academy of Pediatrics (www.aap.org/publiced/BR_sunsafety.htm) parenting corner Q&A.

No Sun for Baby Sun Hat Pattern

The newborn sun hat consists of 12 triangular pieces of material (you can mix and match the fabrics), binding tape, and cloth ties. The hat is double-sided with 6 triangles to a layer. The layers are sewn together back to back with binding tape.

Materials

½ yard of cotton fabric (45" wide or less) per hat

Thread to match

1 yard double fold bias tape

2 feet cotton tie

Things to Remember

- Preshrink (wash) fabric before sewing
- ¼ inch seam allowances are used for construction

Beginning

- Trace the pattern provided onto a piece of tissue paper to use as a stencil
- Cut 12 triangles from the material using the pattern

Outside of the Hat

- Sew two triangles together lengthwise using a ¼ inch seam
- Continue sewing 6 pieces together and attach the first and last piece forming the outside of the hat

Inside of the Hat

- For the second group of 6 pieces, sew pieces 1, 2, & 3 together. Sew pieces 4, 5, & 6 together. Do not attach the two groups
- Add the cotton tie. Cut a piece of tape 12 inches long and place it between pieces 3 & 4. Sew the tape into the hat halfway down the seam by sewing the two pieces together.
- Repeat for pieces 1 & 6; the pieces will connect to form a circle

Finishing

- Iron the seams flat on both layers
- Place the two layers wrong-sides together
- Sew a strip of (wide) binding tape around the edge of the two circular pieces, binding the pieces together

Infant Sun Hat Pattern

