

Insert your name and practice address where indicated and delete this sentence.

From the desk of:
John Doe, MD
Address and Phone

Dear Parent or Guardian:

As care providers for young children, we need to be concerned not only about children's current health, but about their future health as well. We must teach children good habits early on in order to promote future good health. In promoting healthy habits, sun protection is often overlooked. Because of this, our office will be emphasizing sun protection for young children this season using a program developed by The SunSafe Project of the Dartmouth Medical School, Hanover, NH.

I would like to ask that as we enter the summer months, when the sun's rays are most intense, you make a special effort to protect your child from the sun. You can do this by following these simple guidelines (the ABC's).

Avoid the sun, especially during the peak hours of 10 am to 3 pm.

Block the sun's rays with a sunscreen of SPF 15 or greater.

Cover up your child, using clothing and a hat with a brim.

Following these guidelines can help protect your child from sunburn and from potentially harmful tanning. Avoiding tans and sunburns prevents early aging and reduces your child's chances of skin cancer later on. Our staff is available to assist you in protecting your child, so please do not hesitate to speak to us with any questions you may have.

Sincerely,

Dr. Doe

We want your child to be SunSafe this summer!