



SUMMER MINI GUIDE

Everything you need to know for babywearing this Summer



by
 mamalila

Who doesn't love Summer?

For fresh parents and their baby, the first summer means a lot of "first times": first trip, first time at the beach, first ice cream, etc.

But we all want to avoid baby's first sun burn.

Whether you want to know more about the impacts of the sun on young infants, are looking for ways to protect your kids or are desperate to find easy solutions for the whole family, this mini guide is right for you!

Wherever you live or are going for vacation this summer and even if you're staying home, here are a few important things to know about why and how to protect the whole family from the sun while enjoying summer to the fullest!



Why do I need to protect my baby from the sun?

Sensitive skin

Until **the age of 3**, infants don't have a fully developed skin defense system, which leaves them highly vulnerable to sunrays.



Their skin contains too little melanin. The less melanin you have, the lighter your skin, eyes and hair will be and the higher the risk is of getting a sun burn and ultimately getting skin cancer.



What are the risks?

The short term risks of too much sun exposure for babies include sun burns, eye damage, fever and overheating.



One heavy sunburn during childhood or adolescence can almost double a person's risk of developing **melanoma – the most serious form of skin cancer** – later in life.

Before going outside with your little one, check the UV-index (see next page) to see if you need to protect you both from the sun.



To remember

Experts worldwide agree on one thing: **Avoid direct contact with sunlight for the first 12 months, outside and in the car.**

UV index explained

What is the UV index?

The UV index is a scale that measures the intensity of UV radiation with respect to sunburn. It was defined by the WHO and is used as an international standard, meaning for example that a UV index 7 in Germany is the same as a UV index of 7 in Mexico.

Why is it useful ?

It helps you choose if and which kind of sun protection you need for the day. Most of the weather mobile apps provide it. In Europe, the UV index is the highest **between May and August**.

Level of protection needed depending on UV index



CAUTION:

- ✓ On snow, water and the beach, the UV exposure can be higher than the maximum UV index predicted for that day.
- ✓ UV radiation also increases by around 2% every 100 metres in altitude.
- ✓ Clouds do not block UV radiation.



What about sunscreen?

What is sunscreen made of?

Here's what we can find in an average sunscreen:

20% active ingredients

to filter the sun

55% formulation stabilizers

Solvents, preservatives, thickening agents, emulsifiers

23% sensory enhancers

to improve the feel of scent (fragrance, moisturizers etc.)

2% extra

added substances that do not affect the formula and the protection (for ex. aloe vera for "extra" benefits on the skin)



30 UV filters (the active ingredients in the graph above) are allowed in Europe, and **most of them are chemical filters (28 of them)**. These filters can have side effects on health and the environment:

- ✗ Some people can develop **skin rash** and **allergies** to the components.
- ✗ Sun screen can also be absorbed by the skin and were **found in breast milk** (doesn't mean they're dangerous, but requires more testing).
- ✗ Some substances (for ex. Octocrylen) can turn into "**possibly cancerogenic**" substances if kept too long in the bottle.
- ✗ Some substances (for ex. avobenzon and enzacamem) could potentially **fasten the development of cancerous cells**.
- ✗ Some components have effects on coral health and contribute to **coral bleaching**.



What about sunscreen? (2)

Mineral sunscreen for babies

- ✓ The alternative to chemical filters is sunscreen with **mineral filters**. With them, no risk of rashes or allergies.

BUT

To avoid this, mineral sunscreen with nano particles was invented.

Sunscreen usually leaves white smears all over your baby's face and clothes.

HOWEVER

Experts are alert on the **risk on nano particles**, and think more research should be undergone to prove if they can eventually be absorbed by the skin and found in the bloodstream, potentially causing health issues.

ALWAYS CHECK THE INGREDIENTS BEFORE BUYING SUNSCREEN FOR YOUR BABY

THEREFORE



Good to know:

- ✓ Talk to your **pediatrician** before buying sunscreen for babies under 6 months.
- ✓ Most sunscreens have to be applied **30 minutes before** going outside and **every 2 hours** for a good protection.
- ✓ Experts all around the world agree that sunscreen can be useful but is **the last solution** you should think of when it comes to protecting your baby from the sun.

How to protect your baby from the sun

Luckily, there are way simpler solutions to protect your baby from the sun!

Avoid going outside

- Especially avoid the hours between 12:00 and 16:00, when the sunrays are particularly strong.
- Prefer going outside earlier in the morning or in the late afternoon. This will be more enjoyable for you, too!
- If you have to go outside, always look for shade and check your baby regularly to avoid overheating (see more on overheating [next page](#)).

The right choice of clothes

When outside in the sun, make sure your baby is fully equipped:



How to avoid overheating

Dos and don'ts to avoid overheating

At home



- Cool your baby with a damp cloth or a lukewarm bath, **never** cold water
- Do not point a fan towards your baby or young child
- Make sure to cover your baby when the air conditioning is on

In the car



- Never cover a baby capsule in a car with a rug or towel to shade from the sun, as this restricts air movement
- Use sunshades on car windows
- **Never** leave your baby in your car, even just for a short moment

In the stroller



- Don't leave your baby in a stroller in hot weather as airflow can be restricted
- Use the canopy or a shade cloth, ensure that air gets through
- **Never** cover a pram with blanket (restricts airflow & can increase the temperature to dangerous levels)

Symptoms of overheating

It is not always easy to tell if your baby is affected by hot weather. Make sure to regularly check for the following signs which can indicate that a baby or young child's health is being affected:

Mild dehydration or heat-related illness

Severe dehydration or heat-related illness

- redness appears on the cheeks and the head
- fewer wet nappies, and urine is darker in colour
- dry skin and mouth
- more irritable than usual
- skin is pale or cold
- refuses to drink or is extremely thirsty
- sunken eyes, may not have tears when crying
- drowsy or confused
- body is limp or floppy

If your baby shows symptoms of overheating, call your doctor or the emergency hotline



Physiological needs

Get your baby enough fluids

As soon as the temperature starts to rise, make sure your baby gets enough fluids:

- Healthy newborns get all the fluids they need from **breast milk and/or formula** and do not need extra water.
- Give your baby extra formula or nurse them **more frequently** if they are under 6 months.
- After 6 months, it is safe to give your baby **as much water as they want**. Make sure to always have a sippy cup with you!

What about you?

Don't forget about your needs too! You too need to:

- drink plenty of fluids
- also have a water bottle with you
- protect yourself from the sunrays with clothes, a hat, sunscreen and sunglasses
- cool your body down if you're too hot
- avoid the sun during peak hours and stay in the shade



“Healthy newborns get all the fluids they need from breast milk and/or formula and do not need extra water.”

What about babywearing?

Babywearing in summer is **completely safe** as long as you take some precautions and use your common sense. If you've read the pages above, you already know a lot! Here are some more tips related to babywearing.

Same rules apply

Carrier

- ✓ Chose a breathable carrier made of linen, cotton or a mesh material
- ✓ Full buckle carriers, ring sling and short woven wraps are the best options as they have less fabric than e.g. elastic wraps or mei-tai carriers
- ✓ Opt for a light color, as dark colors absorb more heat

Clothing

- ✓ Don't forget that your carrier counts as one layer of clothing and dress your baby accordingly
- ✓ Make sure every part of your baby exposed to the sun is fully covered (arms, feet and head)

What about sweating?

Sweating is a natural process to help your body cool down. Babywearing and being close to your body helps babies regulate their own temperature (the adult sweats "for" the child, helping prevent them from overheating).

Tip:

If sweating makes you too uncomfortable, you can place a baby cloth between you and your baby to absorb moisture.



UV cover SHADE for babywearing

The easiest solution to protect your baby from the sun while babywearing? Meet mamalila's brand new **UV cover SHADE**!

Innovative seawool® fabric,
a blend of recycled
polyester and oyster shell
powder



The fabric



"Cool touch" with a
refreshing wearing
experience

Offers a **UPF 50+**
protection (the highest
protection possible)



Highly breathable to
avoid heat build-ups
underneath it



Want to get yours?

You can find it here:

<https://www.mamalila.de/UV-Cover-Shade>



UV cover SHADE for babywearing

Take it with you on your **family trip to the zoo**, for **playground time** or during **family hikes** to enjoy the good weather fully

Use it for **babywearing** but also on **your stroller** and even on the **car seat**.

Versatility

Ultra light (only **180g**) and compact, comes in a handy **sewed-in pocket**.



Want to get yours?

You can find it here:
<https://www.mamalila.de/UV-Cover-Shade>



UV cover SHADE for babywearing

Just so easy



- easy to put on
- grows with your baby, completely adjustable
- one size fits all
- grows with your baby
- unisex
- goes on every type of carrier



Want to get yours?

You can find it here:
<https://www.mamalila.de/UV-Cover-Shade>

Best practices while using our UV cover SHADE

You've probably learned a lot by reading this guide, and here are the very last but very important piece of information to remember before you start using our UV cover or any cover for that matter.



- Make sure that your **baby's nose and mouth are always free**. Especially with young babies, always leave one side of the sun roof open when covering their head.



- Don't **overdress** your baby. The carrier and the cover count as one layer of clothing.



- Our cover does not protect your baby's eyes! Your child will still need **sun glasses** for that.



- When using the cover on the stroller, make sure there is a continuous airflow to avoid any heat build-up.

Want to get yours?

You can find it here:
<https://www.mamalila.de/UV-Cover-Shade>

Ready for Summer?

We hope this mini guide was helpful and will make your first summer with a baby truly fantastic! Do you have any questions or want to find out more about mamalila? Then get in touch! Here's where you can find us



Per e-mail:
info@mamalila.de



Instagram/ Facebook /TikTok
[@mamalila_official](https://www.instagram.com/mamalila_official)



Youtube
[@Mamalilababywearing](https://www.youtube.com/@Mamalilababywearing)



Pinterest
[mamalila_official](https://www.pinterest.com/mamalila_official)

Sources

<https://www.kindergesundheit-info.de/themen/risiken-vorbeugen/sonnenschutz/kinderhaut-schuetzen>
<https://www.aad.org/public/diseases/skin-cancer/prevent/sun-babies>
<https://www.skincancer.org/de/blog/sun-safe-babies/>
<https://echa.europa.eu/fr/cosmetics-uv-filters>
<https://pubs.acs.org/doi/10.1021/acs.chemrestox.0c00461>
<https://www.kreiszeitung.de/verbraucher/behauptungen-mythen-verbraucher-sonnencreme-sonnenschutz-gefahr-fakten-faktencheck>
<https://www.zentrum-der-gesundheit.de/bibliothek/umwelt/schaedliche-faktoren/sonnencreme>
<https://riseandshine.childrensnational.org/keeping-your-baby-hydrated-during-summer/>
<https://www.health.nsw.gov.au/environment/beattheheat/Pages/babies-children-hot-weather.aspx>

