

KEEP YOUR KIDS BUSY WHEN
YOU'RE HOME SICK

WHEN A TANTRUM ISN'T
JUST A TANTRUM

BOOK IT! WEEKEND TRIPS TO
TAKE WITH YOUR BESTIES

Parents.

MOMS WHO INSPIRE US

↓
THEY'RE STRONG,
LOVING,
AND CONFIDENT—
LIKE YOU!

←
She's got this.
Hilaria Baldwin,
expecting her
4th this month,
here with Leo,
Carmen, and Rafa

FUSS-FREE
WAYS TO
GET YOUR BABY
TO NAP

■ solutions

TECHNOLOGY
THAT'LL
CHANGE YOUR
FAMILY'S
LIFE

TEND TO
YOURSELF, BODY
AND SOUL

Mom

PARENTING WHEN YOU'RE SICK
A SUPER STROLLER WORKOUT
GIRLFRIEND GETAWAYS

SUN'S OUT AND
SO ARE YOU!
APPLY SPF DAILY
TO STAY SAFE
AND GLOWY.

Protect Your Skin From Mom Life

Although you may be great about sunscreen at the pool, most skin damage comes from little bits of sun exposure. Running around all day adds up to hours of UV time, says Elizabeth Hale, M.D., senior VP of The Skin Cancer Foundation. Safeguard your skin with these expert ideas. →

by KATE SANDOVAL BOX

PARENTS **67** MAY 2016



YOU KNOW:

SPF is a must on vacay.

BUT DID YOU KNOW:

Skipping it on regular days is risky. "I tell my patients to keep their sunscreen by their toothbrush so they'll always remember to use it," Dr. Hale says. If you typically hate the way sunscreen feels and smells, try **Supergoop! Unseen Sunscreen SPF 40** (\$32; supergoop.com). It's oil-free and scentless, and it glides on completely clear.



Apply SPF before you even leave the house. Everyone can wear **Baby Bum Mineral Sunscreen Lotion SPF 50** (\$14; babybum.com).



YOU KNOW:

Spending endless hours in the sun isn't healthy.

BUT DID YOU KNOW:

It takes only ten minutes outside to incur sun damage, says Kristina Goldenberg, M.D., a dermatologist in New York City. That's why it's not worth skipping sunscreen in order to get your vitamin D. It takes very little sunlight for your body to make vitamin D. In fact, studies show that even when we apply sunscreen, we get enough incidental sun exposure to achieve normal levels, Dr. Hale says.

YOU KNOW:

Sunscreen helps prevent skin cancer.

BUT DID YOU KNOW:

It's also the number-one way to prevent wrinkles. "UVA rays spur hyperpigmentation and break down the collagen in your skin, which causes wrinkles and loose skin," says Dr. Hale.

Aim for a broad-spectrum sunscreen that has an SPF of at least 30. The adage "less is more" does not apply here:

People tend to miss about 10 percent of their face when they apply sunscreen, according to research from the University of Liverpool. "Put on two coats and be extra aware of your eye area, which is a frequently ignored spot," says Joshua Zeichner, M.D., a dermatologist in New York City. Lips tend to get missed, too, because you can't just slather on the same sunscreen. (Well, you could, if you don't mind the taste!) Keep **Mary Kay Sun Care Lip Protector SPF 15** (\$10; marykay.com) close at hand.



PUT ON SOME SHADES

Sooo cute, and you'll help prevent crow's feet. We heart [Diff Sunglasses](http://diffeyewear.com) (\$85; diffeyewear.com).