

Protecting your kids from sun and cold

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Today's column is all about the safety and well-being of our most precious assets -- our children. Whether it's to offer protection from the sun's harmful UV rays or to provide comfort from the cold,

parents and caregivers will find these products useful and effective, particularly when travelling.



SunAlert Clothing

Look closely and you'll see a tiny little icon called the Sun Alert. This little patch changes to red when the clothing is exposed to dangerous levels of ultraviolet light. The patches contain a photo-sensitive and heat-sensitive ink that alerts caregivers that the child is exposed to too much sun. It's about the size of a dime and is sewn onto the clothing. The little bodysuit has one on the shoulder. I took it (and my imaginary baby) out on a not-so-hot, partly cloudy day and was

surprised how quickly the icon turned red. Even cloud cover doesn't protect skin from harmful UV rays, so keep that in mind. This product will alert parents, but prevention is still the key. Make sure to use a sunscreen on your kids, one with a high SPF even on a cloudy day.

Price: three-pack bodysuits for \$12.97, available at Wal-Mart.

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