

Sunblocks For Infants & Sensitive Skin

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For babies under 6 months of age, when other methods of sun protection are not feasible or available, I recommend physical (mineral) sunblocks. True *sunblocks*, as opposed to *sunscreens*, include *zinc oxide* and/or *titanium dioxide* only. These are physical blockers which reflect the UVA/UVB rays. They have been tested and shown not to be absorbed through the skin. Zinc oxide in particular has a long track record of safety as it is the main ingredient in many diaper creams used commonly on infants.

Physical sunblocks are also less irritating and several are also oil-free and non-comedogenic, making them good choices for those with dry, sensitive skin or acne. Most irritation or allergic reactions occur with chemical sunscreens, not sunblocks; it is rare to have irritation from sunblock.

Since sunscreens/sunblocks are often labeled incorrectly (i.e. products containing chemical sunscreens are often labeled as “sunblocks”), the easiest way to tell if the product contains sunblock only is to read the back “active ingredients” label. If it only lists zinc oxide and/or titanium dioxide (and nothing else) under “active ingredients”, it is a true sunblock.

Examples of commercially available sunblocks would be:

- Neutrogena Sensitive Skin® with PURESCREEN® SPF 60+ lotion
- Neutrogena Pure & Free® Baby with PURESCREEN® SPF 60+ lotion/stick
- Neutrogena Pure & Free® Liquid with PURESCREEN® SPF 50
- Vanicream® SPF 30 lotion
- Aveeno® Baby Natural Protection Mineral Block® SPF 30 lotion/stick
- Blue Lizard Sensitive® SPF 30+ lotion
- Blue Lizard Baby® SPF 30+ lotion
- Skin Ceuticals® Physical UV Defense SPF 30 lotion
- California Baby® Sunblock SPF 30 stick
- Mustela® High Protection Sun SPF 50 lotion
- Mustela® Suncream for sensitive areas SPF 50
- Keys® Solar Rx® Moisturizer Sunblock SPF 30+ lotion
- TruKid® Sunny Days® SPF 30+ lotion/stick
- UV Natural® Baby Sunscreen SPF 30+ lotion
- Badger® All Natural Sunblock SPF 30+ lotion