

ALL THE BEST FOR YOUR FAMILY

COOKING



block party

What's tougher than picking the right sunscreen for your kids? Getting it on their squirming bodies. Ellen Marmur, a New York City dermatologist and mother of four kids ages 2 to 11, shares her foolproof strategies for both.

WRITTEN BY GINA WAY

BUY BROAD-SPECTRUM SUNSCREENS

They protect against both UVB and UVA radiation. UVB rays can generate sunburns and skin cancer on the skin's surface. Longer UVA wavelengths penetrate deeper to destroy collagen (which leads to wrinkles) and cause skin cancer. Everyday/Year-Round SPF 30+ sunblock stick, \$15, californiababy.com.



PLUS
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Perfect
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presents