

Seasonal Skin Care Checklist

Kids' skin changes with the weather. Check in at the start of each season and adjust your family's routine.

Winter

- ☐ Switch to a thicker cream or ointment
- ☐ Short, lukewarm baths
- ☐ Moisturize hands after washing
- ☐ Lip balm for chapped lips
- ☐ Gloves, hat, scarf; change out of wet clothes
- ☐ Cool-mist humidifier, cleaned regularly
- ☐ Sunscreen for snow days

Summer

- ☐ Broad-spectrum SPF 30+, reapplied every 2 hours
- ☐ Hats, sunglasses and shade 10 a.m.–4 p.m.
- ☐ Lighter moisturizer if creams feel sticky
- ☐ Rinse off sweat, sunscreen and pool water
- ☐ Watch for heat rash in skin folds
- ☐ Plenty of water
- ☐ Insect repellent per label directions

Spring

- ☐ Restart daily sunscreen
- ☐ Rinse skin and hair after outdoor play on high-pollen days
- ☐ Watch for eczema flares as weather shifts
- ☐ Check sun hats still fit

Fall

- ☐ Return to richer moisturizer
- ☐ Keep sunscreen for outdoor sports
- ☐ Check winter clothes fit and feel soft
- ☐ Restock lip balm and hand cream

Seasonal check-in

	Winter	Spring	Summer	Fall
Looked at skin: dry, irritated or comfortable?	☐	☐	☐	☐
Swapped moisturizer weight	☐	☐	☐	☐
Checked sunscreen supply and expiry date	☐	☐	☐	☐
Reviewed clothes and bedding for comfort	☐	☐	☐	☐
Adjusted bath length and frequency	☐	☐	☐	☐

Notes
