

# どのように肌を守るかを選択する

ー肌を守る方法は日焼け止め一つではありませんー

最近では、赤ちゃんから高校生まで、日焼け止めを塗る習慣が広がっています。紫外線が肌に与える影響が知られるようになり、「毎日塗るのが当たり前」と考える親御さんも増えてきました。でも、ちょっと立ち止まって考えてみませんか？

## ●紫外線は一年中、肌に届いています

紫外線には UVA と UVB があります。特に UVA は窓ガラスや雲を通り抜け、肌の奥深くまで届いて、シワやたるみの原因になる「光老化」を引き起こします。だからこそ、季節や天気に関係なく、紫外線対策は必要です。

## ●でも、日焼け止めは「万能」ではありません

市販の日焼け止めには、紫外線吸収剤や合成界面活性剤が含まれていることが多く、これらは肌のバリア機能に負担をかける可能性があります。特に赤ちゃんや敏感肌の子どものには、成分選びがとても重要です。

## ●本当に守るべきなのは「肌の力」

日焼け止めは、紫外線を防ぐ“一時的な盾”です。でも、盾を使う前に、肌自身の“守る力”を育てることが大切です。たとえば、洗顔後すぐにバリア機能を補うケアを取り入れることで、外的刺激に強い肌を育てることができます。

## ●親子で考える「選ぶスキンケア」

日焼け止めを塗るかどうかは、肌の状態・生活環境・年齢によって変わります。毎日塗ることが正解ではなく、「どう守るか」を親子で考えることが、肌を大切にする第一歩です。肌を守る方法はひとつではありません。日焼け止めを塗ることも大切ですが、それだけではなく：

- 洗顔後は、バリア機能を補うケアで肌を整える
- 肌にやさしい成分を選ぶ
- 帽子や日かげ、窓フィルムなど物理的な対策を使う
- 肌に違和感があるときは、無理に塗らず、肌の声に耳を傾ける

日焼け止めは「毎日ぜったい塗らなきゃ」ではなく、「**その子の肌に合った、守り方を選ぶもの**」。大切なのは、「何を塗るか」よりも「どう守るか」。その選び方が、子どもたちの肌をやさしく守り、未来のきれいな肌につながります。

# Choosing How to Protect Their Skin: It's More Than Just Sunscreen

The habit of applying sunscreen has spread widely, from babies to high schoolers. As awareness grows about the effects of UV rays on the skin, more parents feel that applying it daily is the norm. But let's pause and think about this for a moment.

## UV Rays Hit Skin Year-Round

Ultraviolet light consists of UVA and UVB rays. **UVA**, in particular, penetrates clouds and window glass, reaching deep layers of the skin. This leads to **"photo-aging,"** the primary cause of wrinkles and sagging. That's why UV protection is necessary regardless of the season or weather.

## Sunscreen Isn't a "Cure-All"

Many conventional sunscreens contain chemical UV absorbers and synthetic surfactants, which can potentially strain the skin's natural **barrier function**. Choosing the right ingredients is critically important, especially for babies and children with sensitive skin.

## What Really Needs Protecting: The Skin's Own Strength

Sunscreen acts as a **"temporary shield"** against UV rays. But before relying solely on a shield, it's vital to nurture the skin's inherent ability to protect itself. For instance, immediately following cleansing, you can strengthen the skin's barrier with supportive care, building resilience against external irritants.

## Choose Your Skincare Strategy Together

Whether or not to apply sunscreen depends on your child's skin condition, lifestyle, and age. The right answer isn't necessarily "apply it every day," but rather for parents and children to consider **"how to protect the skin."**

Protecting the skin isn't a one-size-fits-all approach. While applying sunscreen is important, we must also consider other methods:

- **Nourish the Barrier:** After cleansing, use barrier care to reinforce the skin's barrier function.
- **Select Gentle Ingredients:** Opt for products with milder, less irritating ingredients (like mineral-based sunscreens).
- **Use Physical Barriers:** Prioritize non-chemical methods like **hats, shade, protective clothing,** and window film.
- **Listen to the Skin:** If the skin shows irritation or discomfort, don't force the application; take a break and heed your child's skin signals.

Sunscreen should not be a frantic **"must-apply-every-day"** rule, but a conscious **"choice of protection"** tailored to the individual child's skin. The core principle isn't **what you apply**, but **how you choose to protect** their skin. That thoughtful selection is the first step in gently safeguarding their skin for a healthy future.

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