

SkinCare Simplified

A Parent's Guide

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As skincare trends become increasingly popular among young people, many parents and carers find themselves navigating a fast-changing landscape of advice, products and social pressures.

The CTPA guidance 'SkinCare Simplified – A Parent's Guide', developed with a dermatologist, is here to support families with clear information and answers to the most common questions.

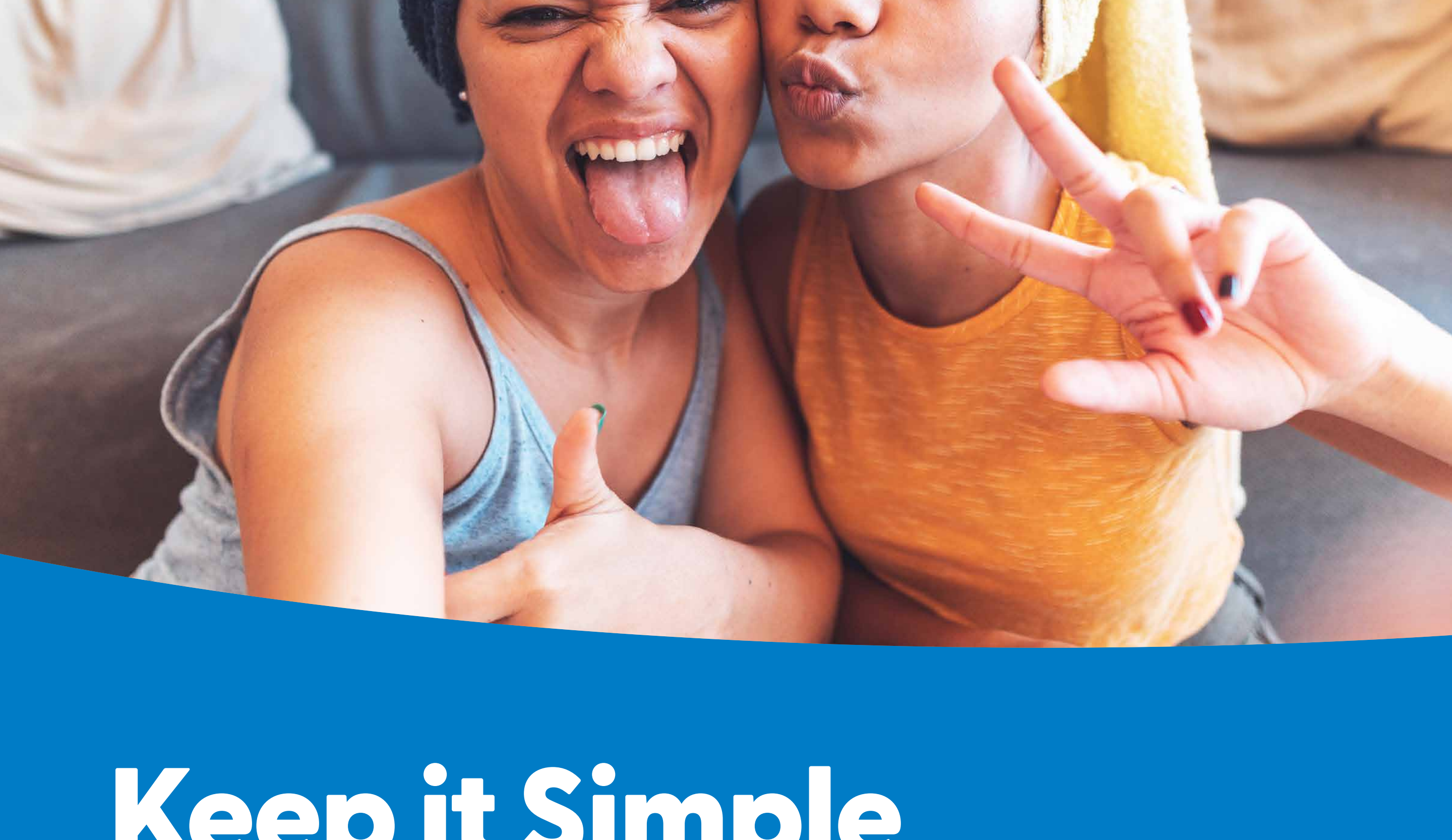
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Healthy Habits Over Trends

- Help your child focus on feeling good about themselves, rather than chasing 'perfect' skin they may see on social media.
- Keep it simple! Children and young people do not need complex skincare routines or anti-ageing products!
- Everyone's skin is unique: what works for one person may not work for another.



Keep it Simple

Here are age-appropriate habits for young people:

Gentle Cleansing: Wash the face, or if needed use a cleanser suitable for children or for family use to keep the skin clean.

Moisturising: If needed, use a lightweight moisturiser to keep the skin hydrated.

Sun Protection: Protect exposed skin when the weather requires it, including using a sunscreen that is at least SPF 30 and has UVA protection.

For conditions such as acne and eczema, it is important to follow medical advice.



Choosing Skincare Suitable for Young People

- Cosmetics and personal care products are subject to strict UK laws that ensure their safety. The rules also cover labelling requirements and make sure products do what they say they do.
- Anti-ageing products or complex routines should not be used on tweens' skin because they are not designed for this purpose and could potentially lead to discomfort or irritation.
- See what the product says it does: Does it claim anti-ageing benefits? If so, this type of product is not needed for young people.
- If you're unsure, ask the brand for more information: contact details are always on the label.



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