



Sun Awareness Policy

Young children love playing outdoors, but they are not aware of how the sun can damage their skin. As adults it is important that we take precautions for them. Their skin is much more sensitive than adult skin and damage caused by repeated exposure to sunlight could lead to skin cancer developing later in life. Babies aged under 6 months should be kept out of direct sunlight.

Health experts advise everyone, regardless of skin colour, to use sunscreen with an SPF of at least 30. Darker skinned people may not get sunburnt as quickly, however, they are still susceptible to sun induced damage including skin cancer.

NHS guidance states that between March and October children should;

- Cover up with suitable clothing
- Spend time in the shade, particularly from 11am - 3pm.
- Wear at least SPF30 sunscreen - sunscreen should be applied to areas not protected by clothing, such as the face, ears, feet and backs of hands.
- Sunscreen should be at least 4 star UVA protection. UVA protection can be indicated by the letters 'UVA' in a circle, which indicates that it meets EU standards.

Aims and objectives

- Parents should sign the consent form for application of sunscreen, (attached to child's enrolment forms) before their child starts nursery.
- Parents will be expected to apply sunscreen to their child/children before Nursery and to log this on the Family app for staff to see.
- Parents will also need to supply sunscreen (clearly named) for their child if they are at the setting all day. The staff will re-apply when necessary.
- Parents and staff will need to ensure the sunscreen is not past its expiry date. Most sunscreens have a shelf life of 2 - 3 years. However the expiry date should be stated on the sunscreen bottle.
- Staff are to be familiar with the risks of sunburn.
- Staff to provide protective care throughout the year and particularly over the summer months.
- Staff take particular care and limit the amount of time the children are outside during the hottest part of the day (between 11.00am and 3.00pm).
- Parents will need to provide sun hats and appropriate clothing. I.e. keeping shoulders covered, wearing sandals with backs.
- Staff should role model good sun safety and encourage the children to wear their hats, have regular drinks and take time out in the shade.
- As the weather naturally changes, staff will talk to the children about the appropriate clothing for the season and the importance of keeping safe in the sun.
- Staff will ensure there are areas of shade available in the garden.

Parents will be informed that they can find all nursery policies on our website before their child starts nursery and staff will encourage parents to keep their children safe in the sun by sending reminders via our Family app and providing sun safety information where necessary.