

Care in the Sun Policy

The safety of children is of paramount importance. In order to ensure the safety of children in the sun it is the policy of Little Friends that all parents/ guardians whose child attends our setting should follow our guidelines prior to any outing in warm weather.

Too much exposure to ultraviolet light (UV) radiation from the sun causes sunburn, skin damage and increases the risk of skin cancer. Sun exposure in the first 15 years of life contributes significantly to the lifetime risk of skin cancer. There is potential for nurseries to help prevent skin cancer in future generations because;

- Nurseries can play a significant role in changing behaviours through role modelling and education from an early age
- Children and staff are at risk of sunburn within 10 minutes of being exposed to strong sunlight
- Skin cancer is largely preventable through behavior modification and sun protection during early years

The main elements of this policy are;

- Partnership: working with parents / guardians, nursery staff and the wider community to reinforce awareness about sun safety and promote a healthy nursery
- Education: learning about sun safety to increase knowledge and influence behaviour
- Protection: providing an environment that enables children and staff to stay in the sun.

Partnership

Sun safety will be promoted through working with parents, staff and the wider community to improve our understanding and provision to avoid the harmful effects of too much exposure to ultraviolet light (UV).

Staff should act as positive role models and set a good example by seeking out the shade whenever possible and wearing suitable clothing, hat and sun cream.

Education

Parents and guardians will be asked through letters / newsletters to support this policy by encouraging their children to adopt the Slip, Slop, Slap message and act as role models

Children will be taught the Slip, Slop, Slap song which will help them remember the basic sun safe message

Children will be read "George the Sun Safe Superstar" an Illustrated, rhyming story that educates children on the importance of sun safety and staff will regularly reinforce the sun safe messaging through discussion.

Protection

Shade:

- All settings have shade provided either by the building, outdoor shelters, trees and we have temporary structures i.e. gazebos and parasols for use during outdoor play
- Children will be encouraged to use the shaded areas during playtimes when appropriate

Clothing:

- The children will be encouraged to wear clothes that provide good sun protection
- Parents and guardians will be duly informed of the importance to provide the nursery with appropriate sun hats and sun cream
- The nursery will provide spare appropriate sun hats and quality sun cream on site at all times

Drinking Water:

- Children are encouraged to increase their water intake in hot weather and are encouraged to drink water during outdoor play times.

Cool air in rooms:

- The nursery will open all available windows and doors to provide a cool air in hot weather.
- Blinds and curtains will be pulled to stop the sun shining directly into the rooms. (Where appropriate)
- Fans and air cooling machines will be provided as necessary in rooms

Staff will apply sun cream to children before going outdoors. Staff will provide all children with drinking water throughout the day, in really hot weather children will not be taken out of the setting.

Signed: _____

Date: _____