

SUN SMART POLICY

I acknowledge the importance of sun protection and aim to work together with parents and other settings to ensure children can enjoy the sun safely. Sun Smart Activities will be planned and an appropriate poster will be displayed in the playroom during Summer.

I require that parents provide:

- Named Sun Cream suitable for your child (high factor) and your written permission for me to help your child apply it.
- Sun hat (preferably a legionnaires hat to protect the neck)
- A thin top/cardigan/tshirt (cotton) with long sleeves
- You may also wish to provide UV sunglasses.
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I ask that you take time to apply sun cream to your child before arriving at my home. This is because it is very time consuming to check each child has applied sun cream satisfactorily before we go on the school run, and we will most certainly be late if everyone forgets!

I will ensure your child wears the hat you have provided and help your child to top up the sun cream that you have provided. It is important to keep topping up even if the sun cream is intended for 24 hour protection. This is because, like painting a wall, each single layer will not have the same level of coverage all over. Repeated layers provide a far more effective coverage.

I will also avoid spending prolonged periods of time outdoors during the hottest part of the day, and when out will try and protect your child by finding shady areas and using a sunshade on the pushchair. A gazebo and/or pop up tent will be provided in the garden. Where possible, outdoor activities will be planned for 9-11 am and after 3pm.

I will encourage your child to drink water regularly to prevent dehydration.

S tay in the shade 11-3
M ake sure you never burn
A lways cover up – wear a t-shirt, hat and wraparound sunglasses.
R emember children burn more easily
T hen use a high factor sunscreen.

As always, if you have any concerns or questions about this policy, please discuss them with me.