



# PUDDLEDUCKS

## Nursery & Pre-School

### SUN CARE POLICY

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#### Policy Statement

Young children need special care when they are in the sun. They love playing outdoors, but they are not aware of how the sun can damage their skin. So as adults it is important that we take precautions for them.

Getting sunburnt as a child leads to greater risk of skin cancer in later life, but the good news is that sun damage can be avoided. Experts believe that four out of every five cases of skin cancer are preventable.

The benefits children gain from playing in the sun are the absorption of vitamin D, improved physical and mental well-being and the learning potential the outdoor environment offers.

It is important therefore that children, especially young children, are given the protection they deserve. (*Health Education Authority 1998*)

#### Aims

- To protect all children while they are in our care at nursery
- To help work in partnership with parents to protect children at other times
- To help children understand the importance of keeping themselves safe in the sun

#### Procedures

- Staff to self educate about the risks of sunburn. Good role-modelling to include the wearing of hats when outside. (provided as part of uniform)
- Staff to provide protective care for all children over the summer months (April - September).
- Where possible, we will apply sun cream in circle time with songs and discussions to support learning and help children understand the importance of protecting themselves from the sun.
- Staff will encourage children to apply their own cream with help and support where required. Only visible body parts will be protected.
- Staff will apply protective cream to faces and neck.
- Staff to ensure all children wear hats, preferably legionnaire style hats, when playing outside during the hours 11am - 3pm. Out-side play will be restricted to limited periods in extreme weather conditions.
- Staff to provide shady areas in the garden for play and activities.

- Drinking water will be provided at all times.
- Play outside will be restricted/removed if a child arrives at the nursery/pre-school without a hat or sun cream

### **Methods**

Parents will be informed of this policy and encouraged to keep their children safe in the sun through:-

- Ensuring that the permission slip within the registration form is signed on entry. Parents must provide sun cream factor 15+ with their child's name clearly marked.
- Newsletter at the beginning of the summer term to reinforce policy and parental responsibilities.
- Informal information from staff.

### **Parental obligations**

- To provide sun cream factor 15+ for their child/ren, clearly labelled, to be stored and used at the setting.
- To dress their child in appropriate clothing and footwear and provide sun hats at all times.

### **Resources**

- Books/posters/stories/displays
- Health Promotion department contact: Dermatology nurses
- Factsheets and leaflets

### **Evaluation**

- Regular review with consultation of all relevant parties