

Little Rainbow Nursery

Sun Care Policy

Little Rainbow Nursery is committed to ensuring that all children are fully protected from the dangers of too much sun. Severe sunburn in childhood can lead to the development of malignant melanoma (the most dangerous type of skin cancer) in later life. The following guidelines are for the prevention and care of children in the sun:

- Children must have a clearly named sun hat.
- Children must have their own sun block cream if the child is allergic to the one that Little Rainbow Nursery provides. Parent/cares must give written consent for the staff to apply the sun cream.
- Children need light weight cotton clothing suitable for the sun.
- Children will wear a sun hat when outside on sunny days.
- Children will have sun cream applied before going outside and at frequent intervals during the day.
- Children are offered cooled water more frequently throughout the day.

Vitamin D

- Sunlight is important for the body to receive vitamin D. We need vitamin D to help the body absorb calcium and phosphate from our diet. These minerals are important for healthy bones, teeth and muscles.
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- Our body creates vitamin D from direct sunlight on our skin when we are outdoors. Most people can make enough vitamin D from being out in the sun daily for short periods with their hands or other body parts uncovered. Sun cream will stop the ultraviolet B (UVB) rays from reaching your skin, so part of your body should be uncovered and not have sun cream on. At nursery we find the right balance to protecting children from sunburn as well as allowing the skin to access the sun for the vitamin D benefits, e.g. hands will be left without sun cream but children will be fully monitored to ensure no hands are burnt.
- The benefits will be discussed with parents and their wishes will be followed with regard to the amount of sun cream applied.

This policy was adopted on:

April 2021

Date for review:

April 2022