

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.
- Shaded areas are provided to ensure children are able to still go out in hot weather, cool down or escape the sun should they wish or need to
- Key persons also work with the parents of their key children to decide and agree on suitable precautions to protect children from burning, including those with more sensitive skin types and those that may be more tolerant to the sunshine, e.g. black and/or Asian colouring.

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. 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.

At nursery we find the right balance to protecting children from sunburn by following the NHS guidance. The benefits are discussed with parents and their wishes followed with regard to the amount of sun cream applied.

We also promote the NHS recommendation to parents that all children aged under 5 years should be given vitamin D supplements even if they do get out in the sun.

This policy was adopted on:

April 2022

Date for review:

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