

# Care in the Sun

## Information for Families



# Torryburn Nursery

*Growing and Learning Together!*

At nursery the children have free and regular access to the garden. They love playing outdoors but are not aware of how the sun can damage their skin. Nursery staff realise the importance of 'safety in the sun' and will carefully monitor the children whilst in the garden.

Children need to be encouraged to take extra care of their skin when in the sun as they are at a greater risk of being sun burned.

## **Remember, you can still burn...**

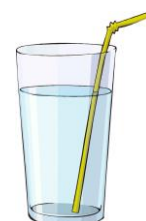


- When it is cloudy.
- Even if it doesn't feel hot.
- When it is windy or breezy.
- When you are in water.
- In shade if sun is reflecting off snow or water.



## **Take care to also:**

- Drink plenty of fluids to avoid dehydration.



- Sit in the shade where it is cooler.

We ask that you apply sun cream to your child before Nursery on a sunny day and provide them with a sun hat.

