

Westfield Family Nurture Centre

Sun Awareness Policy

April 2019

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

It is important that children, especially young children, are given the protection they deserve.”

*‘Sun Know How’*

*Health Education Authority 1998*

Westfield Family Nurture Centre fully endorses this statement and provides many opportunities to develop children’s awareness of the need to stay safe in the sun through the Health and Wellbeing outcomes in ‘*Curriculum for* *Excellence*’

**AIMS**

* To protect children from the effects of the sun while they are in our care
* To work in partnership with parents/carers to protect children from the effects of the sun
* To help children to develop an awareness of how to keep themselves safe in the sun
* To further raise awareness of the dangers of exposure to the sun with parents/carers

**HOW AIMS WILL BE ACHIEVED**

* Staff will educate themselves about the risks of sunburn
* Staff and parents will provide protective care for outdoor play over the summer months (especially from March to October), especially during the hottest part of the day between 11am and 3pm. Staff will advise parents that children should:
* Wear a hat brought in from home, although we will have a supply of hats in nursery if required
* Wear clothing covering the shoulders and arms for extra protection from the sun, although this is not essential if adequate sun cream is applied
* Wear appropriate sunscreen, SPF15 or higher
* Only be outside for limited periods of time
* Staff will provide shady areas for play in the garden
* Parents will be informed about our Nursery procedures and be encouraged to keep their children safe in the sun:
* Parents will be asked to apply sunscreen, SPF15 or higher, to their child **prior to the nursery session**. Staff will remind parents to do so – in the event of a parent forgetting to apply sunscreen, some will be available for parents to apply at dropping off time
* In order to protect children who are in nursery all day, a supply of sunscreen will be available in nursery. Parents should apply sunscreen **prior to coming to nursery** and staff will support children with re-applying sunscreen as necessary
* Information will be available on the room noticeboards about staying safe in the sun
* A ‘Care in the Sun’ Information booklet will be available to parents
* Parents will be informed about the nursery policy and encouraged to keep their children safe in the sun through:
* Appropriate eye protection – sunglasses, wide brimmed hat
* Appropriate head protection – wide brimmed hat that covers the face and back of the neck
* Parents\carers complete a consent form for the application of sunscreen on enrolment
* Staff will raise awareness and discuss with the children the need to keep safe in the sun and how to do this. Staff will support children, encouraging them to apply sunscreen independently
* Water is always on offer within the nursery and children encouraged to drink regularly throughout the day so that they do not get dehydrated

**RESOURCES**

* Care in the Sun Information booklet
* Books/posters/stories/displays