

# Sun Safety

I know this post comes at a time where we're wondering where the warmer days are but here's hoping they are soon approaching!

Hot weather guidance, why it's important-

Children love to spend time outdoors but too much sun can lead to sunburn, skin damage, eye damage, a weakened immune system and could lead to skin cancer developing in later life. Taking extra care for children as their skin is much more sensitive than adult's skin. Sunburn can happen even when it's cloudy, so if you are due to spend longer time outdoors it is advised to apply cream.

Tips for sunny days:

Sun cream- applying Sun cream 30 minutes before leaving your house and applying regularly throughout the day. It is advised for your child to wear at least SPF30 and above. Apply sunscreen to areas not protected by clothing, such as face, ears and feet. We ask if you can apply this to your child before attending Nursery and we will reapply when needed. If your child has sensitive skin and uses a specific brand of sun cream, please supply an unopened bottle for Nursery use.

When buying sunscreen, the label should have:

- a sun protection factor (SPF) of at least 30 to protect against UVB
- at least 4-star UVA protection

UVA protection can also be indicated by the letters "UVA" in a circle, which indicates that it meets the EU standard.

Make sure the sunscreen is not past its expiry date.

If you think your child may have sunburn, please follow NHS guidance- Sunburn - NHS ([www.nhs.uk](http://www.nhs.uk))

Shade- finding a shady spot for your children, you can use an umbrella or sunshade to create a shaded spot for your child to play particularly between the hours of 11:00am-3:00pm as this is when the UV is at its highest

Clothing- wearing appropriate clothing for the weather, hats and light wear to help with the sun as children feel the heat too. We ask if you could provide a sun hat as although there are shaded spots in the garden it's not always likely your child will be exploring under that area. If wearing a hat is a barrier to your child, let the team know and together, they will work with you to encourage this.

Eating- Encourage your child to remain eating similar foods to before, including fruit in their diet to support with hydration too

Hydration- Keeping your child hydrated throughout the day offering them choices of water or juice as these are more beneficial to keeping them hydrated.

Circulation at home- if it is safe and appropriate, open windows early in the morning when it is cooler to allow stored heat to escape from the building. But if possible, closing the windows during the day when it is hotter outside than inside whilst considering the need to maintain a moderate temperature.

Windows- shade sun-facing windows if possible, and close indoor blinds or curtains to keep the heat out

Electrical equipment- switch off all electrical equipment, including computers, monitors and printers when not in use – do not leave equipment in ‘standby mode’ as this generates heat. If possible, have a fan to keep cool- especially during the night.

Children’s sleep- with the heat sometimes this makes it difficult to sleep, following steps above to maintain a cooler temperature indoors, and once the temperature outdoors begins to drop open windows to let in a cooler air flow.

Tips for bed time in summer-

Lighter wear pyjamas, depending on the age of your child they may not be able to regulate their body temperature

Lighter duvet cover, suggested 4.5 tog but this depends on your child’s personal preference as some may be colder/hotter than others.