

At Wiggles and Giggles we are committed to ensuring that all children are fully protected from the dangers of too much sun/UV rays.

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. As adults it is important that we take precautions for them.

Getting sun burnt as a child leads to greater risk of skin cancer in later life, but the good news is that sun damage 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.

The aim of all staff of Wiggles and Giggles:

- To help children understand the importance of keeping themselves safe in the sun.
- To help work in partnership with parents to protect children at all times.
- To protect children while they are in our care at nursery.

To achieve these aims, staff will:

- Educate themselves about the risks of sunburn.
- Provide protective care over the summer months between April and September.
- Take particular care when children are outside during the hottest part of the day between 11 a.m. and 3 p.m.
- Make sure all children wear the hats provided either by their parents/carers or by the setting. The hat should preferably be of legionnaires design (i.e. with an extended back and side to shield children's neck and ears from the sun) to provide additional protection.
- Enforce the rule of "No hat, No play" with all children.
- Make sure children wear light-weight clothing covering shoulders when out in the sun.
- Make sure all children wear appropriate sunscreen of a high factor, provided by their parent/carer or the setting. Staff must be aware of the expiry date and discard sunscreen after this date.
- Children will always have sun cream applied before going outside in the hot weather and at frequent intervals during the day
- Pay particular attention to the children's lips, hands, ears, feet and the back of their necks.
- Staff will make day-to-day decisions about the length of time spent outside depending on the strength of the sun; children will not be allowed in the direct sunlight between 11.00am – 3.00pm on extremely hot days.
- Shade will be 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.
- Children are encouraged to drink cooled water more frequently throughout sunny or warm days and this will be accessible both indoors and out.
- Take every opportunity to explain to children about the need to keep safe in the sun and how to do this.

Parents will be informed about the nursery policy and be encouraged to keep their children safe in the sun through:

- A newsletter at the beginning of term informing them of the importance of using a high factor sun cream and hat for their child.
- Information provided on the parent's notice board about sun protection and what they can do to protect their child.
- Informal information from staff.
- Appropriate use of sunscreen.
- Appropriate head protection with a hat.