Sue Scarbro's Sun Safety Policy

Rationale

I am committed to providing an experience where babies and children can happily play outside without any risk to the negative effects of the sun. I believe children can develop these healthy practices which they will abide by into adulthood.

Safety procedures

Procedures are in place to keep children safe outside in sunny, warm weather. Babies and young children can become ill during very hot weather and their health can be seriously affected by dehydration, heat exhaustion, heatstroke and sunburn.

To minimise risks to the children, I will:

- minimize the time children are out in the sun, especially when the sun is at its strongest (11am to 3pm);
- keep babies under the age of six months out of direct sunlight, especially around midday;
- apply Factor 50 sunscreen to children regularly and at least 20 minutes before children go outside;
- encourage children's independence when applying sunscreen and where age-appropriate support the child in applying their own;
- reapply sunscreen to children after water play;
- encourage parents to provide loose fitted long sleeved clothing and a sunhat, preferably one with a wide brim or a long flap at the back, that will protect a child's head and neck from the sun;
- ensure children drink plenty of fluids so they don't get dehydrated.

I will use my discretion as to which days sun cream needs to be applied to your children after looking at the weather forecast. I will record this each time and parents/carers will be informed of when this happens on the day.

The NHS website contains useful information on when children are most at risk and the signs and symptoms of heat stress, exhaustion and stroke.

Keeping your baby safe in the sun - NHS

Sunscreen and sun safety - NHS

Further information:

Sun Safe Nurseries

Children's susceptibility to high temperatures varies; those who are overweight or who are taking medication may be at increased risk of adverse effects of high temperatures. Children

under four years of age are also at increased risk. Some children with disabilities or complex health needs may be more susceptible to temperature extremes. Extra care should be therefore taken to monitor children who fall into these categories.

The NICE guidelines for skin cancer prevention recommend that practitioners should take action to protect children from over-exposure to UV rays. The guidelines recommend that settings “develop, implement and monitor a specially tailored policy to ensure people are protected as much as possible”.

Childminder’s Signature: SScarbro

Date: May 2025