



Sun Care Policy

EYFS: 3.45

At Cheeky Monkeys Day Nursery we are committed to ensuring that all children are fully protected from the dangers of too much sun/UV rays. Severe sunburn in childhood can lead to the development of malignant melanoma (the most dangerous type of skin cancer) in later life.

We follow guidance from the weather and UV level reports and use the following procedures to keep children safe and healthy in the sun:

- Children must have a clearly labelled sun hat which will be worn at all times whilst outside in sunny weather. This hat will 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. Nursery has a supply for those children who do not have a hat for protection during the session.
- Children must be brought to Nursery with a high factor Sunscreen pre applied. Staff will re apply as required later on in the session. We stock factor 30/50 supermarket branded child appropriate sunscreens so if children need a specific brand then this must be provided and clearly labelled. This supports children to have sun cream suitable for their own individual needs. Staff must be aware of the expiry date and discard sunscreen after this date. Sun cream containing nut-based ingredients will not be allowed in the setting.
- Parents are requested to supply light-weight cotton clothing for their children suitable for the sun, with long sleeves and long legs
- Children's safety and welfare in hot weather is the nursery's prime objective so staff will work closely with parents to ensure all appropriate cream and clothing is provided
- Staff will make day-to-day decisions about the length of time spent outside depending on the strength of the sun (UV levels); children will not be allowed in direct sunlight between 11.00am - 3.00pm on hot days from March to October, following NHS sun safety advice. Shaded areas are 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 will always have sun cream applied before going outside in the hot weather and at frequent intervals during the day
- Children are encouraged to drink water more frequently throughout sunny or warm days and this will be accessible both indoors and out
- Children are made aware of the need for sun hats, sun cream and the need to drink more fluids during their time in the sun
- Staff will also work with the parents to decide and agree on suitable precautions to protect children from burning, including those with more sensitive skin types and those that may be more tolerant to the sunshine, e.g. black and/or Asian colouring.

Vitamin D

Sunlight is important for the body to receive vitamin D. We need vitamin D to help the body absorb calcium and phosphate from our diet. These minerals are important for healthy bones, teeth and muscles. Our body creates vitamin D from direct sunlight on our skin when we are outdoors. Most people can make enough vitamin D from being out in the sun daily for short periods with their hands or other body parts uncovered.

At nursery we find the right balance to protecting children from sunburn by following the NHS guidance. The benefits are discussed with parents and their wishes followed with regard to the amount of sun cream applied.

We also promote the NHS recommendation to parents that all children aged under 5 years should be given vitamin D supplements even if they do get out in the sun.

Heat Exhaustion and Sun Stroke

Staff will use extra precautions during high temperatures and sunny weather to prevent children from suffering the effects of Heat exhaustion or Heat Stroke. We follow all NHS guidance and first aid precautions to keep children safe in the sun. [Heat exhaustion and heatstroke - NHS \(www.nhs.uk\)](https://www.nhs.uk/health-a-z/heat-exhaustion-and-heatstroke/) Staff are first aid trained and able to identify the signs and symptoms.

This policy was reviewed on	Signed on behalf of the nursery	Date for review
03/07/2025		03/07/2026