



Peter's Patch
Forest School - Day Care - After School Club

Care In The Sun

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 sunburnt 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.

Sun Know How
Health Education Authority 1998

Our Aims:

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

How Aims are to be Achieved:

- Staff to educate themselves about the risks of sunburn.
- Staff to provide protective care over the summer months between April and September.
- Staff to take particular care when children are outside during the hottest part of the day between 11 a.m. and 3 p.m.



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During this period children should:

- Wear hats
- Wear clothing covering shoulders and arms
- Only be outside for limited periods, when it is sunny
- Wear appropriate sunscreen
- Provide shady areas in the playground.

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

- Informal information from staff
- Appropriate use of sunscreen
- Appropriate eye protection with a brimmed hat and ideally sunglasses with UV filters

At the beginning of the summer term staff will explain to children about the need to keep safe in the sun and how to do this.

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