

# Keeping children safe in the sun/heat Policy

At Wood St Nursery following NHS guidance we take a broad range of measures to keep the children safe in the sun and hot weather.

All outside play spaces at Wood St Nursery have a good mixture of shade sails and natural shade.

Staff at Wood St Nursery will ensure that children do not play in the sun between 12 and 3pm from May to September in very hot weather.

Drinking water is available to the children in the nursery at all times. However, during hot weather staff will keep children well hydrated by actively encouraging them to drink at regular intervals. This is in addition to meal times and snacks, when they are always encouraged to drink.

All children are expected to wear hats outside when it is sunny. Please send your child in wearing their hat (clearly labelled) if the forecast is sunny, so that staff know they have a hat. They will be given a spare hat if they don't have one. In the baby room, staff will limit the time a child spends outside if they are unable to ensure they are wearing a hat because they are settling in or have sensory needs.

Children will always be encouraged to play in the shade, and water play and the majority of resources will be placed in the shade, when the weather is hot.

Children will always wear a Tee shirt or other top and a nappy or pants so that they have some protection from the sun from clothing, even in paddling pools.

We ask that parents put a long lasting sun cream on their child before coming to nursery. We advise that this is done this prior to dressing your child to allow for the removal of long sleeved tops etc. throughout the day.

If you feel that your child will require a second application of sun cream in the afternoon because of the weather or if they are inclined to burn, PLEASE INFORM THEIR KEY PERSON, or another member of their team if their key person is unavailable. We have sun cream available in the nursery, or you can bring in a suitable bottle of sun cream if you prefer. Please hand this to their key person, or another member of room staff if their key person is unavailable, with instructions for when your child will need more sun cream. Please do not leave sun cream in children's bags.

These are the reasons we do not have a blanket policy for applying sun cream during the day at nursery:

- Children have different skin types and needs with regards to how much and how often they need sun cream, and their parents know this best and need to make the decision about if and when they need sun cream.
- If we ask staff to apply sun cream to all children twice a day, every child will need to stand in line and wait for 20 to 30 minutes for this process each time.
- We do not know the long-term effects of continuous use of sun cream on children's skin.
- Excessive sun cream use is linked to low vitamin D levels.

Key persons will work with and support parents with regards to any particular requirements e.g. skin allergies etc., for individual children.