

Once Upon A Time Nursery  
56 Railway Terrace  
Llanelli  
Carmarthens  
SA15 2RH  
  
CIW W130000376



Website  
[www.llanellinnursery.co.uk](http://www.llanellinnursery.co.uk)  
Phone  
01554 785 173  
Email  
[enquiries@llanellinnursery.co.uk](mailto:enquiries@llanellinnursery.co.uk)

## Sun Care Policy

At **Once Upon a Time 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:

- Key workers will work with the parents of their key children to decide and agree on suitable precautions to protect children from burning.
- Children must have a clearly labelled sun hat which will be worn at all times whilst outside in sunny weather if they do not have a hat one will be provided for them. 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.
- Children must have their own labelled high factor sun cream with prior written consent for staff to apply. This enables 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
- 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.
- 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 always be accessible.
- 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
- Shade will be provided in the form of a marquee to ensure children are still able go out in hot weather, cool down or escape the sun should they wish or need to.

### 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. Sun cream will stop the ultraviolet B (UVB) rays from reaching your skin, so part of your body should be uncovered and not have sun cream on. At

nursery we find the right balance to protecting children from sunburn as well as allowing the skin to access the sun for the vitamin D benefits, e.g. hands will be left without sun cream but children will be fully monitored to ensure no hands are burnt.

The benefits will be discussed with parents and their wishes will be followed with regard to the amount of sun cream applied.