



Sun Protection Policy

At Creative Stars Day Nursery, we want staff and children to enjoy the sun safely. Our aim is for staff, parents, and carers to work together to achieve this. Very young children have sensitive skin that can be easily damaged by the sun's dangerous UV rays. Children may spend a lot of their time outdoors during the summer months and at this young age, they are unable to take full responsibility for their own sun protection. Together with parents, we want to take responsibility to ensure that the children are adequately protected from the harmful effects of the sun. Although fair skinned people are more at risk from sun damage, sun protection is relevant to all children. There are five key points to be aware of about sun protection:

1. Stay in the shaded areas between 12pm to 3pm (or inside in extreme heat)
2. Apply sunscreen regularly
3. Always cover up - wear a t-shirt and a hat
4. Remember children burn more easily
5. Use factor 30+ or above sun cream.

Learning and Development:

- All children will have a story time about the importance of sun protection at the beginning of the spring/summer
- Children will be encouraged to observe the weather daily and to consider clothing appropriate for the weather
- Children will be encouraged to apply sun cream independently but initially, with support
- Spend more time discussing sun protection at nursery
- Actively encourage all children to wear a hat when they play outside
- Ensure children are using sunscreen regularly each day
- Discuss importance of staying hydrated
- Ask parents to ensure children wear short/long sleeved tops rather than sleeveless or thin strapped tops.

Sunscreen Is Essential: We will have sunscreen onsite and will seek permission from all parents and carers to be able to apply the sunscreen. We will be using NIVEA 50+ sun spray which has a 4-star UVA rating and is water resistant. Staff will be supervising children applying sunscreen and helping those that are not able to apply sunscreen by themselves.

We ask parents for their support by doing the following:

- Talking to your child about the importance of sun protection
- Remembering to send your child to nursery with a hat
- Applying sunscreen at home before your child comes to nursery
- Providing sun cream if unable to use or consent is not provided for nursery sun cream to be used
- Teaching their child (age permitting) how to apply their own sunscreen.

All parents will receive a Staying Safe in the Sun letter with a slip to sign consenting to the use of nursery bought sun cream. If consent is not given and sunscreen is not provided for a child, the parent must provide sun cream for the child to enjoy the outdoors, or they will have to stay downstairs out of the sun. Parents can either use the nursery provided sunscreen or supply their own sunscreen ensuring the sunscreen is water resistant and has a **Sun Protection Factor (SPF) of at least 30** (UVB protection) and a **high star rating with at least 4 stars** (UVA protection).

This policy was reviewed on: 26.07.26

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