



Merry Poppets Nursery

Sun safety Advice

The hot summer sun can be dangerous for children. Bad sunburns and too much time spent in the sun without skin protection have been linked to a higher risk of skin cancer later in life. During the summer months, children can easily lose body fluid and become dehydrated. Children's skin can also be burned by touching hot surfaces, such as pavement, metal slides or car doors.

How can I keep my child safe from the sun?

At the start of the sunny season, avoid long periods of sun exposure and gradually increase outdoor time over several days. Where possible, stay indoors or in shaded areas during the hottest part of the day, between 11am and 4pm.

To help prevent sunburn:

- Always protect babies from direct sun exposure.
- Limit time in the sun, especially during peak hours (11am–3pm), and use shade whenever possible.
- Dress babies and children in loose, light clothing and ensure they wear a sun hat.
- Use a stroller sunshade or parasol to provide extra protection for babies.
- Apply sunscreen with SPF 30–50+ to all exposed skin, following recommended guidelines.
- Ensure play areas have shaded spaces, or use a sun umbrella when outdoors.
- Children should wear a wide-brimmed sun hat (ideally with neck protection), sunglasses with 100% UV protection (broad spectrum), and loose cotton clothing.
- Apply sunscreen to all exposed areas, including:
 - Ears
 - Nose
 - Back of neck
 - Legs
 - Tops of feet
- Reapply sunscreen after swimming or water play.
- Use a lip balm with SPF 15 or higher.

Hydration and heat safety:

- Encourage children to drink plenty of fluids, especially water, throughout the day.
- Be alert for signs of heat-related illness, such as thirst, tiredness, muscle cramps, stomach cramps, or cool, moist skin. These may indicate heat exhaustion and the child should be moved to a cool area immediately.

At Merry Poppets, we prioritise protecting children in our care from the risks of sun exposure. To ensure a safe environment, we:

- Limit time spent in direct sunlight, particularly during peak hours between 11am and 3pm or when the UV is 4+, and provide ample shaded areas.
- Apply sunscreen with SPF 50+ to all exposed skin, following recommended guidelines. The setting requests that all children use SPF 50+ sun protection.



Early Learning Day Care Nurseries

- Ensure all children wear appropriate sun hats when outdoors.
- Provide constant access to water during outdoor play to keep children hydrated.