

CARE IN THE SUN

Information for Parents

*Together we make a
Family!*

*Growing Happy, Healthy
Children*



Remember...

- you can still burn when it is cloudy
- even if it doesn't feel hot
- when it is windy or breezy
- when you are in the water
- when you are in Scotland
- in shade if sun is reflecting off snow or water



take care also to :

- avoid dehydration and heat stroke
 - sit in the shade where it is cooler, drink plenty of fluids
- and remember you may need extra salt in very hot weather
- if you've been in the sun and you feel dizzy or exhausted see a doctor

Children need to be encouraged to take special care because what happens to your skin as a child can affect whether you develop skin cancer in later life

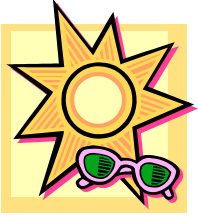


At nursery the children have free and regular access to the garden

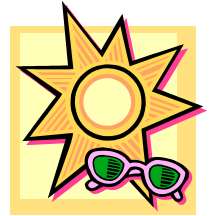
They love playing outdoors but they are not aware of how the sun can damage their skin

Nursery staff realise the importance of 'safety in the sun'. We will carefully monitor the children whilst in the garden

Parents should apply sun cream to their child/children before coming to nursery. You should make sure that you provide appropriate creams too please. Nursery staff will then reapply throughout the day



Be Safe in the Sun!



Everyone should avoid sunburn

Avoid being out in the sun without shade

between 11.00 am and 3.00 pm

Sit in the shade

Wear a long sleeved shirt and a wide brimmed hat

Use a sunscreen with a sun protection factor

of 15 or more