

# **Sun Protection Policy (Updated for EYFS 2025)**

**Policy Statement:** At Butterflies Nursery, we prioritise the safety and well-being of children in our care. This Sun Protection Policy outlines our commitment to protecting children from the harmful effects of the sun by promoting sun-safe practices and providing a safe outdoor environment.

## **Importance of Sun Protection**

We recognise the importance of protecting children from the sun's harmful ultraviolet (UV) rays to prevent sunburn, heat-related illnesses, and long-term skin damage.

## **Sun-Safe Clothing**

Children will be encouraged to wear suitable clothing that covers their skin, such as lightweight long-sleeved tops, wide-brimmed hats, and sunglasses with UV protection.

## **Sunscreen Application**

Parents or legal guardians will be requested to apply sunscreen with at least SPF 30 to their child before arriving at the setting.

Childminders will assist with reapplying sunscreen during the day, especially before outdoor play, after water activities, or when sweating.

## **Permission and Consent**

Parents or legal guardians will provide written consent for childminders to apply sunscreen to their child.

The consent form will indicate any specific preferences, brands, or allergies related to sunscreen application.

## **Timing of Outdoor Activities**

We will schedule outdoor activities before **10 AM and after 4 PM** when the sun's UV rays are less intense to reduce the risk of overexposure.

## **Hydration**

Children will be encouraged to drink water frequently, especially during outdoor activities, to stay hydrated and prevent heat-related illnesses.

## **Educating Children**

We will teach children about the importance of sun protection, including:

- Wearing hats and protective clothing.
- Applying sunscreen correctly.
- Seeking shade when outdoors.

## **Role Modelling**

Staff will serve as role models by practicing sun-safe behaviours, such as wearing sun-protective clothing, applying sunscreen, and staying hydrated.

## **Parent Communication**

Parents or legal guardians will be informed about our sun protection practices and encouraged to provide appropriate clothing, hats, and sunscreen for their child.

## **Alignment with EYFS 2025 Changes**

This policy aligns with the **EYFS 2025** updates by:

- **Prioritising children's health and safety** during outdoor play.
- **Enhancing risk assessments** to prevent sun-related injuries.
- **Ensuring hydration and heat safety** as part of well-being practices.
- **Embedding sun protection education** into daily routines.

## **Review and Monitoring**

This policy will be reviewed **annually or more frequently** if required to ensure its effectiveness and compliance with any changes in legislation or

local guidelines. Feedback from parents, legal guardians, and staff members will be welcomed to continuously improve our sun protection policy.

**Signed:** Chrissie Day

**Date:** 2<sup>nd</sup> July, 2025