GEMS TINEY HOME NURSERY

HOME FROM HOME CHILDCARE

Sun Protection Policy

Purpose

We protect children and adults from excessive sun and heat while supporting outdoor play at Gems tiney Home Nursery. Shade, clothing, suitable timing and sunscreen work together. We consider UV levels, temperature, forecasts and individual needs rather than rely on whether the day feels sunny.

Shade clothing and timing

Parents should provide lightweight clothing covering shoulders and a suitable wide-brimmed hat or hat with a neck flap. Suitable UV-protective sunglasses may also be used where safe and practical. Adults model sun-safe habits.

We use shade and adapt activities, especially between 11 am and 3 pm when sunlight is strongest. Babies under six months are kept out of direct sunlight; older babies are also kept out as much as possible. Pushchairs must not be covered with blankets or other coverings that trap heat. Use suitable ventilated shade and check the child frequently.

Sunscreen and permissions

For children aged six months and over we use suitable sunscreen of at least SPF 30 with at least four-star UVA protection, following NHS and product advice. Sunscreen is not routinely recommended for babies under six months; shade and protective clothing are essential and any individual medical advice is discussed with parents.

Parents are asked to apply sunscreen before arrival when needed and provide a labelled suitable product, telling us about allergies or skin conditions. With written parental permission, adults apply and reapply sunscreen during care, including exposed areas such as ears and neck, according to the product instructions.

Reapply at least every two hours during exposure and after water play, sweating, towel drying or rubbing, even with water-resistant products. Morning application alone is not assumed to protect all day. Children may help as developmentally appropriate, with adult checks and respectful assistance.

If protection is unavailable

Adults check protection before outdoor exposure. If a child has no suitable hat, clothing or sunscreen, we use appropriate spares and agreed products where available. Where these are unavailable or permission or allergy arrangements prevent safe use, we provide a safe alternative in adequate shade or indoors and discuss supplies with parents.

We change, shorten or postpone outings and activities whenever protection is insufficient or heat makes them unsafe for children or staff. A funded place is not conditional on buying optional sunscreen; free alternatives follow the Funded Hours Policy. No child is left exposed to enforce a parental supply rule.

Hydration heat and wellbeing

Suitable drinking water is available and children are supported to drink regularly, with extra opportunities in hot weather. Babies' feeding and fluid needs follow age-appropriate arrangements agreed with parents. We provide rest, ventilation and cooler spaces and avoid strenuous activity during excessive heat.

Adults watch for distress, unusual tiredness, dizziness, headache, hot skin or other illness and move a child to a cooler place, provide appropriate first aid and obtain medical advice. Suspected heatstroke, collapse or another emergency requires 999 and immediate action under first aid training. Parents are contacted promptly.

Communication review and references

We teach simple sun-safe habits through everyday routines and ask families to share relevant health advice. Product reactions, significant sun exposure incidents or illness are recorded and followed up. Gemma briefs assistants and reviews this policy annually or sooner when guidance or needs change.

References: NHS Sunscreen and sun safety and Keeping your baby safe in the sun; current EYFS childminder framework. Related policies cover adverse weather, outdoor play, outings, medicines and accidents.

Policy owner: Gemma Bayley
Reviewed: November 2026
Next review due: November 2027