

Disclaimer: Activities with children must always be risk assessed, including for allergies or choking. Children must always have adequate supervision. Resources and materials must always be appropriate for children's age and stage of development.

Top tips: Five tips for sun protection

Slip, slop, slap, slide and shade are the reminders from NHS and Macmillan to provide the best sun protection for your children, as well as the staff, at your setting.

1. **SLIP** on a t-shirt, preferably long-sleeved. Densely woven fabrics, darker or brighter colours and loose fitting clothes offer the best protection. Some materials are manufactured to absorb ultraviolet (UV) rays, so these are also beneficial
2. **SLOP** on the sunscreen. The best protection is from a sunscreen with a sun protection factor (SPF) factor of 50+ with both UVA and UVB protection of 4 or 5 stars. Remember to check that it is in date. Sunscreen is best applied 20 minutes before going out and needs to be reapplied every two hours. Never rely on sunscreen alone to protect the skin
3. **SLAP** on a wide-brimmed hat, especially one which covers the ears and the back of the neck. Again, tightly woven fabric such as denim or canvas are best for protection. Suncream still needs to be applied to the face even when wearing a hat because UV light is reflected off surfaces
4. **SLIDE** on some sunglasses. For children, there is limited availability for high quality lenses. However, encourage your staff to wear close-fitting sunglasses which wrap around the eyes. Ideally these will have a CE mark (showing they conform to product regulations) and have an eye protection factor (EPF) of 9 or 10
5. **SHADE** from the sun, wherever possible. While being in the sun feels good, providing adequate shade is valuable for protecting children and staff. Vitamin D helps to keep our bones healthy but light skinned people only need about 10 minutes of lunchtime sun exposure to get adequate Vitamin D absorption, with slightly longer being suitable for those with darker skin. Always stay in the shade when the sun is at its strongest (11am-3pm during March to October). Use gazebos, tarpaulins and parasols to provide shady areas outside.



NDNA products to support you with these tips

- Policy template – [Managing extreme weather](#)
- [Start Life Well framework](#)

And more resources at www.ndna.org.uk/hub/myndna