

Sunshine

& Vitamin D

FACT SHEET



There is no requirement to have a written sun cream policy. However, it is a requirement of the Early Years Foundation Stage (EYFS) to share information with parents: to support parents as they make a decision about which sun cream and hat to buy for their child.

Vitamin D protects against rickets. Rickets can slow children's walking and development.



Healthy Start vitamins are free to all children under 4 years old in Birmingham.

Encourage your child to play in the shade – for example, under trees – especially between 11am and 3pm, when the sun is at its strongest.

Remember that babies under 6 months have thinner skin so use clothes to cover them up and utilise shady areas.

Cover exposed parts of your child's skin with sunscreen, even on cloudy or overcast days. Use one that has a high sun protection and is effective against UVA and UVB. Reapply often throughout the day. Especially if your child is swimming, be sure to use a waterproof sunblock.

Very few foods contain Vitamin D. The best way to be sure we are getting enough Vitamin D is to take Healthy Start vitamins.

Every child needs to use sun cream/ protection regardless of their skin tone.



When skin is exposed to the sun, our bodies make vitamin D, which helps the body absorb calcium for stronger, healthier bones.

Get your child to wear a floppy hat with a wide brim that shades their face and neck.



Protect your child's eyes with sunglasses that meet the British Standard (BS EN 1836:2005) and carry the CE mark – check the label.

Startwell