

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. The sun provides us with vitamin D as do healthy start Vitamins and certain foods like eggs, fatty fish etc. Rickets can slow children's walking and development.

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

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

Sun damage — including sunburn — happens no matter what colour the skin. If sunburn happens it increases the risk of skin cancer in later life in all skin types.

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

NHS –Advice is to wear at least SPF30 sunscreen and ensure it has a minimum 4-star rating on all skin types. Use sunglasses with wraparound lenses or wide arms with the CE Mark. Sunscreen increases the skin's natural resistance to sun damage by absorbing and reflecting sunlight.

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

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.

Remember to stay hydrated in all weathers but especially when it's hot. Public Health England guidelines for Early Years Settings only allow milk and water to be consumed. You could try fruit infused water to mix it up. Plain tap water is the best for teeth.

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

When skin is exposed to the sun, our bodies make vitamin D, which helps the body absorb calcium for stronger, healthier bones. Make sure sun exposure is safe and sun cream is always used and re-applied.

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