**Sun Protection Policy**

At My Childcare and Me, we will do everything we can to ensure that your child is protected from the damaging effects of exposure to the sun.

We will need you to provide us with:

* sun cream suitable for your child (high factor);
* a sun hat (preferably a Legionnaires’ hat to protect the neck);
* a thin top/cardigan/t-shirt with long sleeves.

We will require you to sign a consent form (on Family) giving us permission to apply the sun cream that you have provided. Once we have this signature, we will ensure that your child has the sun cream that you have provided applied, and wears their sun hat. We will also avoid spending prolonged periods of time outdoors during the hottest part of the day, and when outdoors we will try and protect your child by finding shady areas. We will encourage your child to drink water regularly to prevent dehydration.