



## Sun, Sun, Shine on Me

This is how pre-schoolers can enjoy the sun in a safe way

Children are more vulnerable to sun damage than adults. Therefore, it is necessary to take extra care to protect them from the sun. In Iceland protection from the sun is important from April until September. The most dangerous UV rays are between 10 am and 4 pm.

### Check list for parents:

- ♥ We focus on sun protection from April to September, especially between 10 am and 4 pm
- ♥ We make sure that children wear clothing that covers their shoulders, chest, arms and legs
- ♥ We remember to send children to pre-school with a sunhat or cap
- ♥ We also remember sunglasses
- ♥ We apply sunscreen before children get to pre-school unless we are certain that it will be applied there before they go outside: on all exposed areas such as the face, ears, neck, the back of their hands and possibly their scalp
- ♥ We remember to send children to pre-school with sunscreen that has an SPF of 30-50+
- ♥ We remember that sunscreen expires and must usually be replaced annually
- ♥ We make sure that children drink enough water after a sunny day
- ♥ We are good role models and protect ourselves from the sun
- ♥ We maintain good contact with the pre-school regarding protecting our children from the sun
- ♥ We follow the checklist for preschools on weekends and during school holidays so that children always enjoy the sun safely