



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. **This is when children are in pre-school so it is important to consider proper sun protection.**

Checklist for preschools:

- ♥ We focus on sun protection from April to September
- ♥ We make sure that children wear clothing that covers their shoulders, chest, arms and legs
- ♥ We make sure that children use a sun hat or cap
- ♥ We encourage children to use sunglasses
- ♥ We apply sunscreen with an SPF of 30-50+ before going outdoors both **BEFORE and AFTER noon** and as needed (ex. If they sweat, play in water or have been washed)
- ♥ We apply sunscreen to all areas that are not covered by clothing, like the face, ears, neck, back of the hands and perhaps the scalp
- ♥ We make sure that there is some shade on the playground where children may play in the shade, for example from trees, tents or the north side of the school. And we encourage children to play there.
- ♥ We take a break from the sun and move indoors or in the shade
- ♥ We remember that the sun's rays can pass through clouds and use sun protection even if it's cloudy and overcast
- ♥ We remember that the sun's rays reflect off water and sand
- ♥ We make sure that children drink enough water during and after being outside in the sun
- ♥ We set a good example by protecting ourselves from the sun
- ♥ **We establish good sun protection habits at the pre-school, in good communication and cooperation with parents**