

You are my sunshine



Children are more sensitive to UV rays than adults, so it is especially important to protect them from sun damage.

In Iceland, sun protection is necessary from April to September. The sun's rays are strongest at 1 pm and the most danger from UV rays is between 10 am and 4 pm.

This is how we protect preschoolers from the sun:

 Ensure that children wear clothing that covers their shoulders, chest, arms and legs.

 Ensure that children wear sunhats/visors and sunglasses.

 Apply sunscreen (SPF30 or higher) before going outside and reapply as needed (e.g. if they sweat, play in water or wash up).

 Apply sunscreen to all exposed areas, i.e. face, ears, back of the neck and hands and possibly scalp.

 Take regular breaks from the sun. Move playtime inside or into a shaded area.

 Remember that UV rays can pass through clouds. Take precaution in cloudy conditions.

 Remember that water and sand can reflect UV rays.

 Ensure that children drink plenty of water during and after being outside in the sun.

Set a good example by protecting ourselves from the sun.

Good cooperation between preschool and home regarding sun protection is very important!