

## **Cancer Prevention in Action/NYS Department of Health**

### **Ladybug In-Home Daycare-Sun Safety Policy**

Children of all ages are susceptible to getting a sunburn, if they are not protected properly. One bad sunburn in childhood doubles the risk of skin cancer later in life. Children's skin needs protection from the sun's harmful ultraviolet( UV) rays whenever they are outdoors. The risk for skin cancer can be greatly reduced when certain precautions are practiced. Therefore, Ladybug In-home Daycare is committed to ensuring that all children and staff are protected from skin damage caused by harmful UV radiation of the sun by implementing the following sun safety policy.

#### **Policy:**

##### **Sunscreen**

- Apply broad spectrum,water resistant SPF15 or higher sunscreen to all exposed areas. on children-especially the face, nose, ears,feet and hands prior to going outside.
- If playing in water, reapplication will be needed more frequently.

##### **Hats,Protective Clothing and Sunglasses**

- Children will be encouraged to wear sun-protective gear when outside. This includes wide brimmed hats,child safe sunglasses and sun-protective clothing.

##### **Scheduling and Shade Protection**

- Consider shade when planning outdoor activities with children.
- Provide sufficient areas of shade on the outdoor play area and encourage children to seek shaded areas for outdoor shade.
- Monitor the heat index and schedule outdoor activities accordingly. Children will be watched carefully for heat-related illnesses.
- Limit sun exposure between the hours of 10am and 4pm, when the UV radiation is strongest.

##### **Communication**

- Parents will be asked to provide a suitable hat,sunglasses and sunscreen(non-expired,broad spectrum SPF 15 or higher) for their child's use when outdoors in the childcare setting.
- Parents will be required to complete and sign a Parent/Guardian's permission to apply sunscreen form and it shall remain on file at the program.\*Any allergies to sunscreen will be written on this form.
- Parents will be encouraged to model sun safe behaviors themselves and practice these guidelines with their children when not at the childcare program.
- Sun safety education will be provided to new parents and existing parents on a yearly basis.

## **Acknowledgement**

I have read and fully understand the new policy that Ladybug Daycare has implemented.

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*Parent Signature*

*Date*