



Sun Protection for Early Childhood Education Settings

Play in the sun safely by being SunSmart. The easiest way to remember this is to Slip, Slop, Slap and Wrap.



Slip on Clothing

Slip into some clothing that covers as much skin as possible (e.g. collars, long sleeve, long skirts or shorts.) Clothing that is darker in colour and has a tighter weave can assist in better sun protection.



Slip into the Shade

Leafy trees, shade sails and buildings can help provide shade for increased sun protection. When venturing outside, use the UV index to plan outside activity times. You can check out the local forecast for the UV index by visiting [NIWA Taihoro Nukurangi](#)



Slop on that Sunscreen

Using a broad-spectrum, water-resistant sunscreen with an SPF of at least 30 is best. Apply sunscreen 20 minutes before taking an outdoor adventure and make sure to apply every 2 hours (or after being in water/sweating).



Slap on a SunSmart Hat

Hats with wide brims or flaps (covering ears and neck) provide the best protection. You can check out a SunSmart hat activity to do with your tamariki below.



Wrap on those Sunglasses

Close fitting glasses with a wraparound style provide the best protection. Not all glasses available offer UV protection so remember to check those labels.



Create Sun Safety Polices

Create a sun safety policy that is appropriate your setting by using the [guide](#) created by the Cancer Society.

Sun protection polices help lay out guidelines to protect tamariki and staff. Your sun protection policy should include information around, shade, clothing, sun hats and sunscreen.



Resources

The Cancer Society offers a free online professional [development module for kaiako](#) about being SunSmart.

Sample policies for Early Learning and Funding Templates for Shade Sails are provided by the [Cancer Society](#).

'Teacher Talk' have a [downloadable sun safety pack](#) for kiwi summers.

The Cancer Society of New Zealand has teamed up with [Twinkl](#) to provide a range of teaching resources for early learning and primary schools.