

Southern Kennebec Child Development Corporation Sun Safety for Head Start

Policy:

SKCDC recognizes that overexposure to ultraviolet radiation (UVB & UVA rays) from the sun can cause skin damage and increase the risk of skin cancer year-round even on cloudy days. SKCDC shall promote, reinforce, and support sun protection and skin cancer prevention efforts for children and their families. To help prevent skin damage and to decrease your child's risk of exposure to UV rays, students and families shall receive instruction, encouragement, and environmental support to avoid overexposure to the sun when children are outdoors.

Based upon the Centers for Disease Control and Prevention, *Protect Yourself from the Sun* (2007), SKCDC recommends the following:

Protective Strategies:

While participating in year-round outdoor activities children will be allowed and encouraged to:

- wear wide-brimmed hats and other sun-protective equipment (i.e. long-sleeved shirts and pants)
- wear sunglasses to protect the eyes from damaging UV rays
- remain in shaded areas when available

Sunscreen:

SKCDC will provide Sunscreen Lotion SPF 30 for children over 6 months of age who are in attendance at a SKCDC Center and have a signed permission slip. Sunscreen is applied 30 minutes before going outside. Sunscreen is reapplied after water play, excessive sweating, towel drying, or after 2 hours.

If your child is under 6 months of age, you must consult with your child's health care provider regarding the use of sunscreen and obtain written instructions on type of sunscreen that can be used for your infant.

Communication:

- SKCDC staff will receive education regarding skin cancer and preferred prevention techniques (i.e.: sunscreen application, protective clothing) during annual training.
- Teachers role model behaviors regarding the importance of sun safety. This might include daily sunscreen use, and/or wearing sunglasses and/or protective clothing (i.e. hats) while in the sun, and/or not making comments that discourage sun safety (i.e. "What a nice tan you have.").
- SKCDC will provide information to families concerning the importance of and strategies for, preventing skin cancer. This information will include recommendations stated by the Center for Disease Control (CDC) as outlined in *Play It Safe in the Sun: A Guide for Parents* (2006).