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 A LifeLine
Projects initiative

Elm Park

August 2018

HIGHLIGHTS OF THE MONTH...

Hot Weather 'Top Tips'

This hot weather has been continuing for a little too long now and so Little Learners hope we can help you keep your children safe by keeping clued up on how to keep cool...

There are three different types of health risks caused by heat;

- Heat stress
- Heat exhaustion
- Heat stroke

The 'Public Health England' has published advice for early year's settings about the effect of heat on young children.

Children are particularly at risk of heat complications as they cannot control their body temperature as efficiently as adults – due to not sweating as much.



Due to the guidance provided these are the things Nursery Practitioners will be doing at nursery to help avoid children becoming ill from the heat:

- Children to be kept inside between the hours of 11am-3pm as this is the hottest period of the day.
- Make use of the shaded areas.
- Plenty of water and ice poles provided to keep the children hydrated.
- Water activities set out to help keep the children cool
- Sun cream applied and making sure every child has a sunhat to wear!

Please click the link from the 'The Public Health England' to find out more information about how to keep your children safe in this intense heat.

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/428850/Looking_After_Children_Health_at_PHE_AC_AB_Publications_MP_JRM_FINAL.PDF

Parents Please...

Encourage your children to play in shaded areas as much as possible and avoid from taking part in any vigorous activities on very hot days!
Dress your children in loose, light-coloured clothing to help keep cool and sunhats with wide brims to avoid sunburn.

Provide children with plenty of water or ice poles, encourage them to drink more than usual when conditions are hot!

