

SUN CARE

Please **provide your child with sunscreen** as we do not provide this, you may leave your sunscreen at the playgroup. On hot days we would really appreciate it if parents can apply the sunscreen **before coming into the playgroup**. With having 24 children in everyday this can take some time before the children can go outside, staff can reapply when needed in the afternoon. It would be really useful if you can have a sunscreen left here at the playgroup at all times so we know they always have one here. Please also **provide your child with a sunhat**, again you can leave one here at the playgroup so you know its always here. Please remember to name your child's sunhat and sunscreen (please check your sunscreen does NOT contain nuts).

FOOD CHOICES

Grapes and cherry tomatoes (or any fruit of that size) should be **cut up into quarters**. This is to prevent your child from choking, and is taking staff time to cut up the children's fruit and veg. At playgroup we very much promote healthy eating, we do appreciate that it is nice for the children to have a little treat in their lunch box, which we are happy for the children to have. We have noticed that there seem to be more multiple 'sweet' treats in lunch boxes. Please could you keep this limited to only one sweet treat. For example a chocolate bar, a cake or a chocolate chip brioche or biscuit. Please **NO SWEETS** in lunch boxes and **ensure that your child's lunch does not contain items that CONTAIN NUTS**.

I would like to say a very big thank you for your continued cooperation and support.

Chestnut Playgroup

DON'T RISK IT, QUARTER IT



Choking is one of the leading causes of death for children under 3.
Even if your child is confident eating solid foods, a grape or a cherry tomato is just the right size to get stuck in their windpipe.

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YOU SAY TOMATO...



...WE SAY CHOKING HAZARD

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DON'T RISK IT, QUARTER IT



Choking is one of the leading causes of death for children under 3.
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