

KIDDOS

WINTER CLOTHES

HOW DO I KNOW WHAT MY
CHILD NEEDS TO WEAR?

Temperature Guidelines for outdoor play

The Child Care and Early Years Act requires that children attending care in a licensed centre must participate in two hours outdoor play, weather permitting. (Ontario regulation 137/15). The benefits influence not only in developmental opportunities of the child but also aid in health benefits and learning experiences. It is important that children be dressed for the various types of weather conditions to ensure they can actively participate in the outdoor program. This includes the school age program as outdoor participation can include them in a range of physical activities such as sports, dance, and active games. Daily outdoor programming will be scheduled except during inclement weather which is defined as temperatures below -15 degrees Celsius (actual temperature or due to wind chill), temperatures higher than 32 degrees Celsius, heavy rain/blizzard, sleet/hail, heavy winds severe thunderstorms or as indicated by posted humidex warnings, wind chill or other severe weather warnings (such as smog alert or heat alert). If the weather is not suitable for outside play, gross-motor activities will be provided indoor. We will not go outside in any heat or cold alert issued by Toronto Public Health.

Rule of thumb

A good rule of thumb is this: If it's too cold for you to be comfortable outside, it's too cold for your child as well. Even in colder weather, young children shouldn't be outside for more than 20 minutes or 30 minutes. And they should always be dressed for warmth with layers and have most of their skin — with the exception of their eyes, nose and mouth — appropriately covered.

If you opt for a stroller ride or outdoor play in the wintertime, stick close to home so you can go inside after playtime and warm up quickly. If you're running errands or carrying your child in and out of day care, be sure to keep them covered up as much as possible and avoid lingering outside.



Winter Safety: Tips to Protect Children in Cold Weather

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Opt for Layers



Clothing layers allow heat to become trapped against a child's body, providing extra insulation and warmth when they're playing outside. Before sending them into the snow, aim to provide them with three layers — a base layer that lays against the skin, such as long underwear, a thicker middle layer, such as a sweater or sweatshirt, and then a top layer, such as a warm winter coat. As you're layering, pay attention to the fabrics your child's clothes are made from. Fabrics that repel moisture are better at keeping children warm.

When possible, avoid scarves or hoods with elastic because they can easily become wrapped around a child's neck and create a choking hazard. For infants and younger toddlers, opt for mittens over gloves. Mittens keep most of their fingers close together, which generates more heat and keeps their extremities warmer.

Pay Attention to What Their Clothes Are Made Of

How to dress a baby for



Winter

When it comes to dressing for colder temperatures, **it's important to find items that fit your baby comfortably.** This rule applies to both clothing and shoes.

In winter, it's a good idea to avoid clothes made entirely of cotton. Cotton is very absorbent, which means it can easily become wet from sweat, spills or diaper leaks. Wet fabric combined with cold temperatures can make your child cold very fast. Instead, look for clothes made from fabrics like fleece, wool or a synthetic material like polyester. These materials have better moisture-wicking properties and can keep body heat close by.



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layering socks is a great way to keep those tiny tootsies comfortable in freezing temperatures. Putting a couple of pairs of warm socks inside waterproof boots or layering stockings with a pair of thick socks is a great way to keep your child's heat close to their body.

Every skier will tell you that having the right gear is essential to enjoying a day on the slopes. Even if you won't be heading out for a skiing trip this winter, the same rule applies. When purchasing winter coats, boots and gear for your little one, look for items that are designed to repel water and moisture. Waterproof pants are especially important to keep your child warm and dry while they're navigating a big snowfall.



Winter Clothing Word Search

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| o | u | t | s | i | d | e | q | u | g |
| o | e | j | a | c | k | e | t | j | k |
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|---------|--------|----------|
| hat | snow | wear |
| scarf | winter | cold |
| mittens | warm | clothing |
| boots | jacket | outside |

Complete this word search. First entry back wins a prize