

How (and why) You Should Spend Winter Outdoors



This generation of children

spends the least amount of time outdoors. Why is this alarming?

Researchers report that children who play outside are healthier, happier, more attentive, and less anxious than kids who spend more time indoors.

A reduced amount of time spent outdoors by children has been associated with a decrease in sensory engagement, difficulties in attention, and elevated rates of emotional illnesses such as anxiety and depression.

There is also an alarming rise in myopia in children or nearsightedness. Children need direct sunlight for their eyes to develop properly. Several studies, including meta-analyses, have found an association between increased outdoor time and a lower risk of myopia in children.



You Don't Get Sick From The Cold.

The idea that cold weather alone can directly cause illness is a common misconception. Colds and flu are caused by viruses, not exposure to cold temperatures.

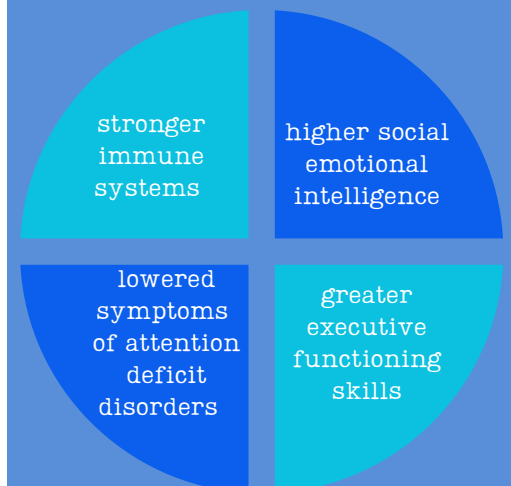
Indoor Crowding: During colder months, people often spend more time indoors in close proximity to each other. This can facilitate the spread of viruses from person to person.

Indoor Heating: Indoor heating systems can dry out the mucous membranes in the nose and make individuals more susceptible to viral infections

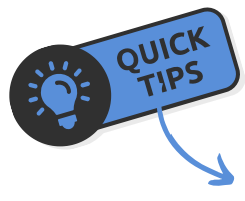
Fast Facts

Only **1** in **5** American children play regularly outside, compared to more than 80% of their parents' generation.

Research shows that children who spend more time outside playing have



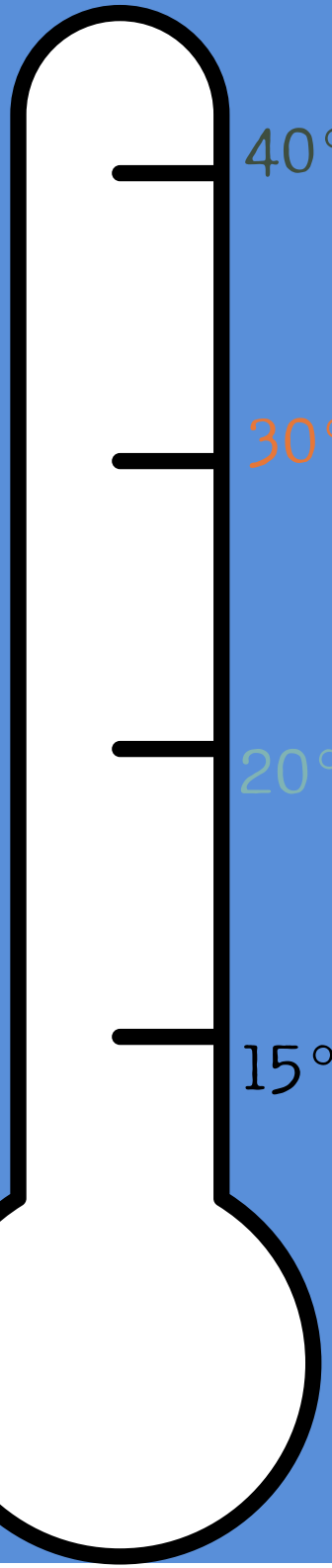
What To Wear Depending on Temperatures



This is a general guideline. May vary for every individual.

Always check the "Real Feel" of the day!

Periodically check your child's neck for sweat to see if they're too bundled!



Wool Socks
Sneakers or Boots

Pants

Base Layer Shirt
1 Additional Layer Jacket

Gloves or Mittens (optional)

Winter Hat

Wool Socks
Insulated Shoes or Boots

Lined Pants or
2 Pairs of Pants

Base Layer Shirt
1 Additional Layer Winter Jacket

Gloves or Mittens

Balaclava or Winter Hat

Wool Socks
Insulated Boots
Foot Warmers

Base Layer Pants
Snow Pants

Base Layer Shirt
2 Additional Layers Winter Jacket

Insulated Mittens or Gloves
Hand Warmers

Balaclava or Neck Warmer
Winter Hat

Wool Socks
Insulated Boots
Foot Warmers

Base Layer Pants
Snow Pants

Base Layer Shirt
2+ Additional Layers Winter Jacket

Insulated Mittens or Gloves
Hand Warmers

Balaclava or Neck Warmer
Winter Hat

The Top Winter Gear Picks For Kids

Socks

- Look for Merino Wool
- Stay away from cotton
- Two pairs of socks can help, but make sure there is room in the boot

Base Layers

- Purpose= To keep dry and warm, wick away moisture
- Merino Wool=More Expensive, insulates when wet
- Synthetic= More durable, does not insulate when wet

Boots

- Look for waterproof and insulated boots
- Rain Boots are NOT warm
- Make sure there is room for thick socks

Pants

- Fleece and lined pants are great for milder winter temperatures
- Snow pants are versatile; there doesn't need to be snow to wear them!

- ### Favorite Brands
- Reima
 - Bombas
 - Carhartt
 - Woolino
 - Darn Tough

- ### Favorite Brands
- Burton
 - Smartwool
 - Ella's Wool
 - Helly Hansen
 - R.E.I.

- ### Favorite Brands
- Kamik
 - Columbia
 - Keen
 - North Face
 - Merrell

- ### Favorite Brands
- R.E.I.
 - L.L. Bean
 - Columbia
 - Burton



The Top Winter Gear Picks For Kids



Jackets

- Waterproof
- Breathable
- Hooded
- Fits Well (not too tight, not too loose)

Hats/ Neck

- Stay away from scarves
- Neck warmers really help keep in the heat
- Balaclavas are GREAT for toddler ages (stays on and can fit under a hat)

Gloves

- Can be more difficult to get on, but allow for more diverse play
- Look for insulated or waterproof

Mittens

- Fingers often stay warmer because they are not separated
- Easier to get on than gloves

Favorite Brands

Reima
Patagonia
Marmot
Columbia
The North Face

Favorite Brands

Smart Wool
Turtle Fur
L.L. Bean
Sunday Afternoons

Favorite Brands

The North Face
Reima
Columbia
Marmot
L.L. Bean

Favorite Brands

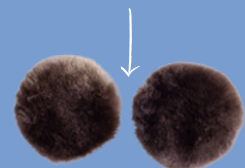
The North Face
Reima
Columbia
Marmot
L.L. Bean

Hand and Foot Warmers

Hand and foot warmers can be a winter lifesaver; however, always use them cautiously. They should never touch the skin directly; an adult should monitor for safe temperatures.

AURO HEAT makes a highly-rated hand and foot warmer that naturally uses the body's heat. These are safe for kids, with no risk of burns.

AURO HEAT
Hand and Foot
Warmers



Winter Tips For Toddlers

It's no secret that toddlers can be challenging—refusal to wear hats and mittens, leading to tantrums from being too cold.

A one-piece snow suit (even if there isn't snow) can be great. After layering up, put the snowsuit on top. A one-piece, hooded snowsuit gives less opportunity for cold air to seep in.



Those thin mittens and gloves often don't do much in colder temperatures. Look for insulated gloves or mittens that go up and over the wrist.



Typical winter hats can be hard to keep on a toddler's head. Instead, opt for a balaclava. Not only does it stay secure, but it covers the neck, keeping in body heat.



Invest in a quality base layer. They can be used in all types of cooler weather, as the only layer for milder days or as the first of many layers on cold days.



Refusing to wear their mittens or gloves? Keep a pair in your pocket with hand warmers inside. When the tears start from cold hands, present them with some toasty mittens; it might just be enough.



Layers are a MUST; they help to keep the heat in and also allows for your child to remove layers as they warm-up. Remember: If your child gets out of the car cold, they're more likely to stay cold. Bundle up in lots of layers, you can always remove some!



NOTABLE MENTIONS

Andake Waterproof & Breathable Kids Snow Gloves 2-7Y



Northern Classics, The Classic Mitten at Maisonet



How Cold Is Too Cold?



When Temperatures Reach 13° Fahrenheit

it is recommended to keep children indoors.

According to the Child Care Weather Watch Chart, children can play outside in temperatures above 14° F with proper clothing, caution, and supervision.

In these colder temperatures, outdoor outings should be kept shorter and caregivers should keep an eye on exposed skin.

To avoid frostbite, ensure that mittens and socks are both dry and warm. Frostbite commonly affects areas such as fingers, toes, ears, noses, and cheeks. The affected skin becomes extremely cold and firm and may change color, appearing white, yellowish-gray, or gray based on the severity of the condition.

Don't get stuck indoors as temperatures drop over the next few months! Remember to layer up and get out there. Even if you have to keep outings short, you'll never regret getting some fresh air. And, no matter the temperature, don't forget to hydrate.

Happy Winter!

♥ Emily, Founder of Sticks & Sprouts



Did You Know?

In Denmark, it's a common practice for babies to sleep outside, even in colder weather. Danish parents often believe fresh air benefits a baby's health and well-being.

The practice is rooted in the idea that outdoor exposure, including colder temperatures, can be invigorating and contribute to a child's overall development.

The specific temperature can vary, but it's not uncommon for babies to sleep outside in temperatures as low as freezing or slightly below freezing (32 degrees Fahrenheit).