

# DRESSING FOR OUTDOOR PLAY IN WINTER

## When does my child need to wear a snowsuit?

When temperatures drop to between 0°C and 10°C in the fall, a warm mid-season coat and rain pants are probably sufficient. But if your child tends to get cold easily, a winter coat is your best bet. **Once the snow arrives and temperatures drop to below freezing, it's time to break out the snowsuit!**



## Protect their ears and neck

Opt for a toque rather than a headband or earmuffs. Choose a toque that covers your child's head and ears and, ideally, clips under the chin. **A neckwarmer is the best option for their neck, as they're safer than scarves.**



## Dress them in layers

Ideally, your child should wear two or three layers of clothing, depending on the temperature.

**Layer 1:** a thin sweater or jumpsuit. This layer keeps the body dry by wicking away moisture (sweat). Avoid cotton, as it actually retains moisture. Choose polyester, bamboo, or merino wool instead.

**Layer 2:** sweater or jacket (fleece or merino wool). This layer keeps the heat in.

**Layer 3:** waterproof coat and snow pants, or one-piece snowsuit. For milder winter weather, opt for layers 1 and 3 only.



## Keep their hands warm

**Mittens keep hands warmer than gloves.** Choose waterproof, lined mittens that are roomy enough for them to wiggle their fingers. Keep small, lightweight mittens in your child's coat pockets in case they get too hot with their warmer mittens on.



## Good boots

Choose waterproof winter boots with a removable lining or sole that can be taken out to dry. Make sure they're big enough for your child to wiggle their toes. One pair of socks is enough. Avoid cotton. Instead, choose socks made from synthetic fibres (acrylic, polyester) or merino wool.



## Keep them dry

As soon as your child gets home, have them take off their wet clothes.



## Brrr...

When temperatures dip to  $-15^{\circ}\text{C}$  or below, with or without a windchill factor, keep outdoor play time short or bring your child inside regularly to warm up. **And when the thermometer reads  $-27^{\circ}\text{C}$  or lower, regardless of windchill factor, we recommend keeping children indoors.**



## Watch out for frostbite!

**Red, swollen skin, a tingling sensation, difficulty moving fingers or toes:** These are all early signs of frostbite. It's time to head inside! Cheeks, ears, nose, chin, hands, and feet are the areas most susceptible to frostbite. Keep them well covered and check them regularly for signs of heat loss.