

HOW SHOULD YOU DRESS YOUR KIDS IN WINTER?

Children need to play outside, even in the cold winter months!
Your child will be more motivated to play outside if they're properly bundled up.

1.

Dress your child in several layers of clothing.

The trapped air between the layers acts as an insulator. Your child should wear one layer more than you. For example, if you're wearing two shirts under your coat, your child should be wearing three.



2.

If possible, choose a tuque or hat that attaches under your child's chin and covers their head and ears.

Otherwise, much of their body heat will be lost through their head. **To reduce the risk of choking, a neck warmer is preferable to a scarf.**



3.

Choose boots that are waterproof, warm, and large enough for your child to wear an extra pair of socks and move their toes easily.

In general, if your child's hands and feet are warm, they're suitably dressed for the weather.



4.

Hands get cold faster than the rest of the body.

Mittens are a better choice than gloves because your child's fingers stay together and share their warmth.



6.

After playing outside,

remove your child's wet clothes immediately.



5.

When the temperature is below -15°C , go inside regularly so your child can warm up.

If you enter a heated area, **make sure your child's clothes don't become damp with sweat.** Otherwise, they'll feel cold when you go back outside.



The Canadian Paediatric Society recommends keeping children indoors when the temperature with wind chill is -27°C or lower.