



Winter Clothing



The Ministry of Education requires every child that is in a childcare setting to have a minimum of 2 hours of outdoor activities daily, weather permitting. Children must be dressed according to the weather. By working with children and being with them daily, we have a pretty good idea of what works and what doesn't when it comes to winter clothing, so we have put together a list of our top recommendations.

(Included are some Amazon links for your convenience, please keep in mind that these are only recommendations and we are by no means promoting or profiting from these sales.)

WHAT DOES MY CHILD NEED TO PLAY OUTDOORS SAFELY DURING THE WINTER?

1. Winter Coat

- zips up easily
- insulated for winter
- sits below their hips, but above their knees
- Velcro at the sleeves or elastic sleeves (keeps the snow out)
- has a hood (for those really cold days)
- zips up to below their chin, leaving no exposed skin on their neck
- made of waterproof material



2. Snow Pants

- insulated for winter
- have a bib with suspenders (keeps the snow out of the pants)
- Velcro or zipper for easy dressing
- Velcro or elastics at the bottom (large enough to put over boots)
- made of waterproof material



3. Hat

- made of fleece or waterproof material (stay dryer and are warmer than the knits)
- covers both ears and stays securely in place (doesn't fall over their eyes or ride up)
- Bonus: has an integrated neck warmer, cheek and mouth coverage



4. Mittens

- waterproof (keeps the hands dry and warm, no fleece or knits-they get wet and stay wet all day)
- long, above the wrist (the closer to the elbow the better!)
- easy to put on (with a zipper, Velcro or drawstring around the cuff to open the mitten)
- thumbs are not necessary for toddlers, they usually can't get their thumbs in the openings anyway
- mitten clips are great to keep track of mittens
- no gloves; children usually cannot get their fingers in the openings, they don't keep their fingers warm
- if you can, buy two sets of the same pair; if/when you lose one, you have a spare



5. Boots

- waterproof
- insulated (felt or fleece interior)
- Velcro, zipper or drawstring at the top or side to facilitate putting boots on and off (especially for toddlers)
- long enough to cover at least 20 cm above the ankle
- light (some children's boots are surprisingly heavy and hinder mobility)

6. Neckwarmer (Optional)

- made of fleece or soft material since it's close to the face
- easily put on/off
- opening wide enough to easily put head through

General Tips:

- Clothing should be comfortable
- Easy to put on and off
- Waterproof and quick drying
- Light so the child has the best mobility possible
- Try to get colors, patterns or pictures your child likes, it is much easier to get a child dressed when they like what they are wearing.
- Always pick versatile, functionality over fashion (I know, they have such cute things for children!)
- SAVE \$-Shop at a second hand store, ask friends or family for hand-me-downs or shop online used items markets for younger children's winter items. Many times, the children outgrow the items before there's any signs of wear.

