

Dress for Winter Weather



Remember these three ways to stay warm when it is cold: cover all parts of the body, dress in layers and stay dry and/or immediately remove wet clothing.

First: Take Cover!

In cold weather it is important to cover all parts of the body. Proper clothing helps protect your child from very cold outdoor temperatures or from drafty indoor rooms.

Indoors:

- Wear at least two or three thin layers of clothes on body, arms, and legs.
- Several lightweight, loose layers of clothing will keep the child warmer than one heavy layer.
- Wear socks and shoes.

Outdoors:

- Wear a hood, hat or face mask on the head. Over 50 percent of the body's heat is lost through the head.
- Wear a scarf around the neck.
- Wear a coat and/or snowsuit.
- Wear mittens or gloves, layer a thin pair under a heavy pair when it is very cold.
- Wear warm boots or waterproof boots over layers of socks.

Dress in Layers

Two or three layers of clothing give more warmth than just one thick garment. Air trapped between the layers is a good insulator.

Choose warm underclothes for your first layer. Thermal knit shirts and vests with long sleeves, long underwear, thermal pants, or tights can go under jeans, pants, or trousers are good choices. If you don't have long underwear, have the child wear an extra pair of pants or pajamas. Be sure the fit is not too snug.

Choose warm daytime clothes. Daytime clothes are the second layer. They should have warm features such as:

- High necklines
- Long sleeves
- Fitted waistlines
- Long pants - slimmer fits are warmer. Pants are warmer than skirts. Pants should be big enough to fit over long underwear.
- Pullover, button, or zip up styles in sweaters.
- Fabrics that are thick and fuzzy, i.e., rather than slick and thin.
- Choose heavy socks and shoes with closed toes and heels.

Choose warm outerwear. Look for coats with:

- Hoods to cover the head.
- Thick, puffy fabric, such as quilted fiberfill.
- Overlapping fabric with zippers or snaps to keep the wind out.
- Enough length to cover the torso and seat, not just to the waist.
- Rib-knit cuffs inside sleeves to keep out wind.
- Elastic or drawstring at waist to keep coat close to body.

Keep Dry

Your body cools faster when wet. This is good in the summer, but not good in winter. There are generally two ways you can get wet, perspiration and the weather.

Wet clothes will not keep your child warm. Try to keep dry in cold weather.

In snow or rain:

- Choose waterproof boots.
- Choose outerwear that sheds moisture. Cotton or polyester poplin, or nylon fabrics shed water well.
- Look for mittens that have a warm lining with a water repellent outer fabric of nylon or vinyl.

Although waterproof footwear is better, water repellent clothes are usually more comfortable than waterproof ones. Waterproof fabrics keep out all rain and snow but they may cause perspiration wetness, since they do not breathe or let air transfer among layers.

Avoid Tight Clothing

Tight clothing, contrary to popular belief, does not keep you warmer. Tight clothing actually inhibits circulation so the body does not warm itself as efficiently. In addition, there is less chance for warm air to be trapped in the clothing for insulation.

Safety

Loose clothing, too long pants legs or sleeves, ties wrongly placed, overly large pockets and similar features may get caught in the wheels of wagons or tricycles, get stepped on when climbing, or catch on protruding objects. Drawstrings at the neck or waist and long ties on hoods and caps are dangerous because children can be caught by the strings.

Bright colors are desirable because they make it easier to spot children on the playground, in the yard or on the street.



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