

DRESS FOR OUTDOOR PLAY SUCCESS!

You may have heard the saying “There’s no such thing as bad weather—you just need to dress for it!” You don’t need expensive clothing, but there are some tricks to making yourself and your children comfortable outdoors year-round.



Adapted from getoutsideandplay.ca

This content forms part of a larger booklet entitled “Why Outdoor Play Matters for Children: A practical guide for parents and caregivers”. To see the full booklet, and references, please go to recreationns.ns.ca.

DRESSING FOR COLD WEATHER


The keys to keeping warm in cold weather are to dress in layers, and avoid getting wet.

Base layer: A close-fitting layer next to your skin. Long johns or a long-sleeved shirt or turtleneck and a pair of leggings or track pants work well.

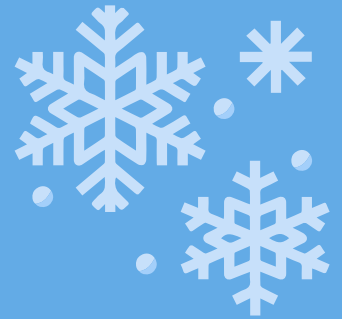
Insulation layer: A warm layer that suits the outside temperature. Colder days and children who get cold more easily need thicker fleece, wool sweaters and vests.

Outer shell layer: This protects you from cold, damp, wet and wind. Depending on the weather it could be snow pants and a winter jacket or waterproof rain gear.

Clothes for fingers, toes and cheeks!: Mittens will keep fingers warmer than gloves. Thick socks in waterproof boots are important; make sure there is wiggle room for feet and toes to keep good circulation. An ear-covering hat, balaclava, scarf and neck warmer will keep heat in and protect sensitive areas from cold and wind.



Bringing warm tea or hot chocolate and snacks outside can help extend outdoor play time.



COLD WEATHER PARENT TIPS!

- Ask children if they need the bathroom before getting all those layers on. If your child is still in diapers, change them before going out so there's not too much wetness next to their skin while they're outside.
- How cold is too cold? You need to judge the risk of frostbite in very cold weather and wind. Keep in mind, if children are moving when playing outdoors, their bodies will remain warm.
- Young children will get colder faster, especially if they are not moving a lot. In weather colder than -15°C , check for warmth about every fifteen minutes.
- If a child doesn't want to keep mitts and hat on, and frostbite is not a risk, just have them available to the child if they begin to get cold.

DRESSING FOR WET WEATHER

If it is **COLD WET WEATHER**, use the cold-weather tips. Be sure to use a waterproof outer layer.

If it is **HOT WET WEATHER**, use this as an opportunity to cool down and enjoy the rain! Go out in bare feet or sandals with your regular clothes. Think about having a towel handy at the entrance of your home to make the transition back indoors easier for everyone.



If it is **MILD WET WEATHER**:

Base layer: Put on a base layer that is comfortable and allows for movement.


Outer shell layer: Add a good waterproof outer layer. It's best to have waterproof pants and top, or even better, a one-piece rain suit.



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DRESSING FOR HOT OR SUNNY WEATHER

The wonderful sun lifts our spirits and provides essential Vitamin D. However, too much exposure can lead to sunburn and overheating in the short term, and skin cancer in the long term. Children with skin of all types should wear hats and light long sleeves to protect their skin from the sun. You can also apply sunscreen to any exposed skin—make sure you reapply often, including after children play in the water!



In hot weather
always keep
in mind sun
protection, shade
and water to
hydrate.



HOT WEATHER PARENT TIPS!

- Because of changes in our atmosphere the sun is stronger than when adults were young, and exposed skin will burn faster. Remember that UV rays also come through on overcast days, so sun protection is always important.
- Be sure to use shade as part of the play or time outdoors. You can use the natural shade of trees or buildings, or create shade with umbrellas or sun shades wherever you are.
- Keep a good supply of water available during and after outdoor play in the sun. Water is the best option to stay hydrated.

See cancer.ca for more information on sun safety