

DRESSING CHILDREN FOR OUTDOOR SUCCESS

Here are a few suggestions on dressing your children in weather-appropriate clothing and a list of items that should accompany your children to daycare.

Dressing your child in clothing that fits and is comfortable will help him/her get the most out of their day. It's important that children are not over or under dressed and that all clothing suits the weather conditions. Natural fibres such as cotton are generally cooler than acrylic fabrics. Outfit your children in clothing that they are best able to manage themselves, that way they'll have a sense of accomplishment when they've completed the task.

It's a good idea to send spare clothes for unexpected changes of weather, especially during the change of seasons when the weather can be unpredictable. It is a mandatory that the children go outside every day, unless there are severe weather conditions that prevent outdoor play.

| SEASONS | ITEMS NEEDED |
|----------------------|---|
| WINTER | Winter boots Winter coat and snowpants/snowsuit Warm lined mittens/gloves (an extra set is recommended) Winter hat Neck Warmer Extra set of clothes Indoor shoes |
| SPRING / FALL | Rain jacket or transitional jacket/sweater Rain boots Muddy Buddy Suit / Splash pants Extra set of clothes Indoor shoes |
| SUMMER | Sun hat Water bottle (labelled with your child's name) Extra full set of clothes Running shoes or strap on rubber soled sandals ***Please no crocs or flip flops*** |