



## DRESSING CHILDREN FOR SUCCESS

Here are a few suggestions on dressing your child(ren) in weather-appropriate clothing and a list of items that should accompany your child(ren) to the child care centre.

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
<b>WINTER</b>	<ul style="list-style-type: none"> <li>• Winter boots</li> <li>• Winter coat/snowsuit</li> <li>• Mittens/gloves (an extra set is recommended)</li> <li>• Ear muffs</li> <li>• Winter hat</li> <li>• Scarf</li> <li>• Sunscreen (if UV index is high)</li> <li>• Extra full set of clothes (weather appropriate)</li> <li>• Indoor shoes</li> </ul>
<b>SPRING/FALL</b>	<ul style="list-style-type: none"> <li>• Rain jacket or transitional jacket/sweater</li> <li>• Rain boots</li> <li>• Splash pants</li> <li>• Extra full set of clothes</li> <li>• Indoor shoes</li> </ul>
<b>SUMMER</b>	<ul style="list-style-type: none"> <li>• Sunscreen</li> <li>• Sun hat</li> <li>• Water bottle (labelled with your child's name)</li> <li>• Extra full set of clothes (weather appropriate)</li> <li>• Indoor shoes</li> <li>• ***No sandals/crocs/flip flops***</li> </ul>