

Dressing kids for winter

Playing safely in cold weather

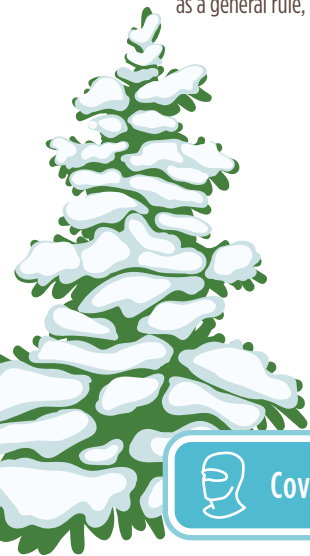
Kids can play outdoors all year long — they just need to be dressed properly for the cold. Staying dry and active will also contribute to how long they can comfortably be outside. Parents: remember, these tips apply to you as well!



Watch for wind chill

-5

In winter the wind draws more heat from the body. Windy days can feel much colder. The temperature might be -5 but it can feel like -20 with wind chill. Check the weather forecast before going outside, and as a general rule, stay inside if wind chill goes below -27.



Cover exposed skin

-28

Exposed skin can freeze in 10 to 30 minutes. Keep the face warm with a neck warmer, balaclava, or face mask.



Frostbite and hypothermia

-35

Check face, hands, and feet for numbness or whiteness — this could be a sign of frostbite. If this happens, head inside immediately and warm the affected area slowly with your hands or warm (not hot!) water. Hypothermia is also a risk if outside for long periods in very cold temperatures without adequate clothing or shelter from wind and cold.

0°C



Protect your lips and face

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The wind and cold can make skin very dry. Apply lip balm and a skincare product (e.g. moisturizing cream).



Dress in layers

-7

Wear layers with an outer layer that is wind-resistant. Avoid cotton fabric in cold weather because it absorbs sweat and will feel cold. Layer with fleece, wool, or polyester-blends instead.

-10°C

-20°C

-30°C

-40°C

