

# Brrrr, It's Cold Outside!

## *Dressing for Chilly Climates*

Wearing the appropriate winter clothing is a good idea if you are planning to venture out in cold weather. This is especially true for children. First, you should make sure to dress them in several different layers of clothing. This will help to keep them warm and dry as they play outdoors. These layers can easily be removed should your child get too hot.

### **Layer it on**

For long exposure to cold weather and for extreme cold, the innermost layers (next to skin) should be made of material that can “wick” away moisture. Long underwear made of non-absorbent synthetic materials works well. Cotton retains moisture and if wet, can result in loss of body heat no matter how well your outer layers fend off the rain and snow. The middle layers should insulate - polar fleece, down, or wool (bibs, pants, sweaters, down vests, etc) are good insulating materials. Finally, the outermost layer (shell) should protect from wind and water. Finish by dressing in thick socks with waterproof boots that have good treads on the bottom---this will provide more traction in the snow and prevent them from falling.

### **Cap It Off!**

Just before going outside, make sure you put on earmuffs, thick gloves, and especially a hat. Much of a person's body heat is lost through the top of their head, so by helping your child to follow these simple steps will keep them warm and prevent them from getting too cold.

### **Drink Up!**

Did you know that drinking liquids is important even in colder weather? It's true! As people breathe in and out, the body loses a large volume of water. Giving your child soup or cider to drink will not only help them to warm them up from the inside out, but will keep them well hydrated.

### **Teeth-chattering**

As most parents know, the human body is designed to protect us from any perceived threat or danger. Visible shivering or chattering of the teeth is an indication that the body's internal temperature is beginning to drop. Feeling dizzy or weak is another sign of this. If your child is beginning to exhibit these symptoms, tell them to come inside and take a break for a while by doing some type of indoor activity until they are ready to start again.

Wintertime can be an exciting time to play outside, but make sure you and your children are well-prepared and well-dressed for the occasion.

For more wintertime safety visit: <http://www.cdc.gov/Features/WinterWeather/>

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