How to Dress Your Child in Winter

- **Fleece-lined Hat**: Lots of body heat escapes from your head – cover up and keep it warm!
- **Gloves**: Go waterproof and insulated for the child that loves to get their hands on the snow!
- **Heavy Wool Socks**: High-rise or knee socks will keep snow off the skin, but thick and heavy are the priority!
- **Scarf**: A neck warmer or cowl-style scarf will keep your child warm in the wind without the risk of strangulation.
- **Skis**: Bright colors will give your child peak visibility out in the bright white snow!
- **Insulated Waterproof Boots**: Go up a size to fit thick socks – excess compression reduces socks’ insulating effects.

Temperature Tips

**30° and Above**: Children can play outside comfortably with layers and breaks every 40 minutes or so.

**20°-30°**: Bring your kids inside for more frequent breaks every 20 minutes and expect signs of chill sooner.

**Below 20°**: It’s best to keep kids indoors with a hot cup of cocoa and creative indoor activities.

**Sledging & Ice Skating Tip**: When the snow season starts, check sports and play equipment for fit and safety – a whole year has passed!

Sources:
- [http://kidshealth.org/kid/watch/out/winter_safety.html](http://kidshealth.org/kid/watch/out/winter_safety.html)