

Kohl's Healthy Kids

A monthly positive parenting column from the experts at Children's Health Education Center. Made possible by Kohl's Department Stores.

Dressing for cold weather

Outdoor winter activities are fun for children. From building snowmen and snow forts, to going ice-skating or playing hockey, winter doesn't mean the end to playing outside. However, getting too cold or staying out too long can be harmful, especially to young children, who lose body heat more quickly than adults.

The following tips will help protect your child from winter's chill:

- Dress your child in several layers of protective, waterproof or water-resistant clothing. A layer of clothing that wicks away moisture from the body also is recommended.
- Be sure to cover all exposed areas, including the head, ears, hands and neck. Heat escapes more easily from the head than other parts of the body.
- Mittens provide more warmth and protection than gloves.
- Snow boots provide more warmth and protection than gloves.
- Tuck in scarves and any loose clothing to prevent them from becoming tangled and possibly causing injury.

- Children can work up a sweat while playing outside, even in the cold, which can lead to wet clothes. Heat loss occurs more rapidly when clothes are wet. If socks, boots, mittens or other clothes become damp or wet, make sure your child changes into dry clothes.

- Have your children take regular breaks from the outdoors to warm up.
- Keep your kids' bodies energized with healthy snacks and avoid dehydration by having them drink plenty of water.
- Play with your kids outside and monitor how cold they are. When having fun, children sometimes do not realize when it's time to go inside and warm-up.
- In severe cold weather, keep your children indoors unless you must go out. Limit the time spent outside and dress appropriately. Be prepared for emergencies.

For more information, visit www.BlueKids.org. Comments can be directed to CHEC at (414) 390-2164 or chec@chw.org.



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"Parents should watch their children closely, limit their outdoor play time and make sure they're dressed appropriately for the weather."

Lisa Klindt Simpson,
Safe Kids Southeast
Wisconsin coordinator