

# 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

23

In winter the wind draws more heat from the body. Windy days can feel much colder. The temperature might be 23 but it can feel like -4 with wind chill. Check the weather forecast before going outside, and as a general rule, stay inside if wind chill goes below -17.



### Cover exposed skin

-18

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



### Frostbite and hypothermia

-31

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.

32°F



### Protect your lips and face

32

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



### Dress in layers

20

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.

14°F

-4°F

-22°F

-40°F

