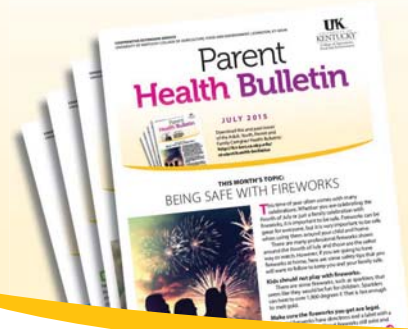


Parent Health Bulletin



JANUARY 2016

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THIS MONTH'S TOPIC:

KEEPING KIDS WARM IN THE COLD

With the cold weather here to stay for a while, it is important to make sure your child is staying safe while out in the elements. Snow is a great way for kids to stay physically active, but you will want to be sure they are staying warm and dry while playing the day away.

Layer up!

- **It is helpful to make sure your child has on enough layers to be outside.** Several layers, followed by a sweater and a coat is a good way to start off the day. If your child is getting warm, you can take off a layer under the sweater and coat. For the under layers, try to stay away from 100 percent cotton

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Don't forget the sunscreen. As snow is white, it can reflect up to 85 percent of the sun's ultraviolet rays.

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clothes. Cotton does not keep kids very warm. Try to stay with wool or other fabrics such as fleece. Don't forget that a coat should always remain on.

- **A hat and gloves or mittens are also very important for both children and adults.**

Hats keep heat in the body and gloves and mittens help keep fingers warm and dry. Waterproof gloves or mittens are really the best choice for children. This is very important if they will be digging in and playing in the snow.

- **Don't forget about the feet.** The feet may need to layer more than one pair of socks. And don't forget some boots or other waterproof shoes. If your children will be playing in the snow, you will want to make sure

the boots have some treads. This will lessen the chance that they will slip and slide all over the snow and ice. As a general rule, dress your child as you would dress yourself outside.

- **Don't forget the sunscreen.** As snow is white, it can reflect up to 85 percent of the sun's ultraviolet rays. No one wants sunburn — but especially not in January.

- **Some kids may tell you that they are "fine" even when they are showing signs of being very cold.** Many kids do not like wearing big and bulky things and will try to wear fewer layers. You can explain that if they get hot, you can take off some of the under layers.

If your child is starting to show signs of being cold you should bring him or her inside. If the teeth start chattering or he or she is shivering, it is time to take a break from the cold.



- **If your child is starting to show signs of being cold you should bring him or her inside.** If the teeth start chattering or he or she is shivering, it is time to take a break from the cold. Another sign it is time for a break is a red nose. Offer warm beverages such as warm milk, cocoa or cider as a treat for coming inside. It is also a good idea to make sure your child is well warmed and rested before allowing him or her back out.

Taking the time to make sure that your child is dressed properly before going outside will make it more enjoyable. Hopefully you can layer up and play out in the snow too.

REFERENCE:

- Nemours KidsHeath
http://kidshealth.org/parent/question/general/winter_clothes.html
- http://kidshealth.org/kid/watch/out/winter_safety.html

Parent
Health Bulletin

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