



## HELLO PARENTS,

Outdoor learning plays an important role in a child's development, providing them with opportunities to experiment and explore; ask questions and make observations; solve problems and build theories. It is important that children are prepared each day as the weather is often cooler in the morning and warmer in the afternoon. You can support transitions to the outdoor climate by encouraging children to become independent in their dressing and undressing. Winter should be a positive experience for children as they build stronger bodies and minds along with fostering their appreciation for the great, cold outdoors. Put on your toque, mittens, boots and join your children during outdoor winter play! In this newsletter, you will find activities and tips on how to dress during the winter season.

## ACTIVITIES

### INFANTS (3 – 18 MONTHS)

#### WINTER CLOTHING

Often, very young children start to be aware of clothing by pulling off easy-to-remove things like socks, boots or hats. Sometimes they try to put them on again. You can build on this early awareness by naming the clothes your child has taken off and the body parts they go on.

#### MATERIALS:

- Winter clothes

#### DIRECTIONS:

- Put a clothing item on your infant. For example, put a hat on your infant's head.
- Say to your infant "There is a hat on your head! You are wearing a hat!"
- If your infant removes the hat from their head, you may say "You took off your hat!"
- Use visual supports such as gestures, or modeling throughout this activity.

[Click here](#) for more activities.

### TODDLERS (19 MONTHS – 2.5 YEARS)

#### ZIP UP, ZIP DOWN

#### MATERIALS:

- Coats with zippers
- Zip up pouches, purses, bags etc.

#### DIRECTIONS:

- Encourage your child to put their favourite toy in the pouch, purse or bag and zip it up.
- Let your child figure out how to use the zipper.
- During dressing time, attach the sides of the zipper together.
- Ask your child to pull the zipper upwards while you hold the bottom.
- Use a simple key ring to add a "pull" attachment or add a charm to the zipper for easy grabbing.

[Click here](#) to learn winter clothes vocabulary.

### PRESCHOOLERS (2.5 – 5 YEARS)

#### THIS IS HOW WE DO IT!

Do your children put their mittens on and then wonder why they cannot zip up their jacket, or put their boots on first and then get their feet stuck inside their snow pants?

#### MATERIALS:

- Hats, jackets, boots, mittens, scarves etc.

#### DIRECTIONS:

- Collect and place winter clothing on the floor (mittens, boots, jackets, hats, ear muffs, scarves etc.).
- Talk to your child about how to get dressed and break each task into small steps.
- Provide encouragement and reinforcement throughout the steps.
- "What is the first thing you need to put on?" If they cannot remember, you can help them get started by reminding them.
- Getting dressed is an important skill for children to learn!

[Click here](#) to read "Froggy Gets Dressed" by Jonathan London.

### JK/SK (4 – 6 YEARS)

#### KEEPING WARM! RIDDLE GAME

#### MATERIALS:

- Winter clothes

#### DIRECTIONS:

- Recite the riddles below, and when your child responds with the correct answer, have them find the item.
  - In a winter storm, I keep your neck warm. What am I? (scarf)
  - I start with the letter J, and keep you warm on a cold day. What am I? (jacket)
  - I protect your hands from snow and ice. Fingers think I am very nice. What am I? (mittens)
  - I start with the letter B, and your feet go inside of me. What am I? (boots)
  - I cannot help your nose but, I am very good at warming toes. What am I? (socks)
  - If your head might freeze, put me on please. What am I? (hat)
  - Have some fun for a while by doing something amusing and educational at the same time.

[Click here](#) to read "Pete the Cat – Snow Daze" by James Dean.

### SCHOOL-AGERS (6 – 12 YEARS)

#### CANADIAN ARCTIC CLOTHING

This fun activity gives your children the opportunity to learn what Inuit people traditionally wear in the winter, and to test their knowledge.

#### MATERIALS:

- [Click here](#) to learn about Inuit traditional clothing.

#### DIRECTIONS:

- After you learn about the Arctic region write your trivia questions:
  - Who are the people that live in the Arctic region?
  - What are the names of their traditional clothes?
  - How do the people make their clothes?
  - State one or two common animals they hunt to use their hides?
  - What are the names of the other clothes?
  - How many foot-layers do they wear in winter to keep warm?
  - What animal skin is good for boots, mittens, and lighter parkas and why?
  - Invite your family for a fun trivia night.

[Click here](#) to learn more about Inuit people.

#### A TIP FOR TODAY

- Dress your child in layers of clothing that can be put on and taken off easily.
- Wear a hat because a lot of body heat is lost through the head.
- Keep ears covered at all times to prevent frostbite.
- Wear mittens instead of gloves so that fingers can stay beside one another for warmth.
- Wear warm, waterproof boots that are roomy enough for an extra pair of socks and to wiggle toes.
- For younger children, remove drawstrings from clothing that could catch on climbing or play equipment. Use Velcro or other snaps instead. Use a neck warmer instead of a scarf, and mitten clips instead of a string to prevent choking.
- Remove wet clothing and boots immediately after playing.

