Dressing for the Cold

The idea of a sunburn in January can seem odd, but snow can reflect up to 85% of the sun’s ultraviolet rays, therefore, protect your child’s face with sunscreen.

Kids should dress warmly in layers of clothes. If the top layer gets wet from snow or freezing rain, they can peel off some clothes down to a dry layer.

Avoid cotton clothing because it won't keep the kids very warm. Stick with wool or other fabrics. Dress them in long underwear, a turtleneck, and a sweater and coat. Add more layers depending on the temperature. Waterproof pants and jackets are great top layers because they don't let the wetness seep into the other clothing. The cold-weather ensemble wouldn't be complete without warm socks and boots to keep feet dry and a hat to top it off.