

## Suggestions for choosing winter clothing

### Tips for parents to save money:

You can get clothes in a thrift sport store, in classified ads, at end of season sales (February-March) in anticipation of the next season. While purchasing higher quality clothing and boots for your older child, the chances are greater that your youngest could benefit from it.

**Winter clothing:** Because it is a considerable investment, here are some elements to take into account when purchasing.

- Look for the term "Waterproof" rather than "Water resistant".
- Adjustment: Make sure the cuffs are adjustable to allow the mittens, that the collar is made with a soft fabric and that it rises high enough and adjust well to cover the neck.
- Having a hood is an element extra to keep the heat in, protect from the wind and keep dry if it snows.
- Pants: Choose pants with adjustable straps, with an elastic pant bottom, this will allow the pant leg to fit well over boots to protect from snow.
- Some clothing brands offer scalable clothing that can grow a few inches as your child grows. The same garment can have duration of 2-3 seasons.
- Do not wash or dry these clothes too often and do not use fabric softener. Reassemble the zipper and close the Velcro before putting in the machine.
- At the start of the season when there is no snow or slush, there is a greater risk of wear and tear when children are playing on the ground in Nov-Dec. Use the old snow suits from the previous year even if you have a new one. Reserve the new one for when the snow is present.

### Mittens

- Mittens are definitely warmer than gloves and easier to put on for kids.
- Choose with a fabric that will be impermeable in contact with snow.
- Long enough that will cover the wrists well, even if the child stretches the arms out. This will prevent snow from entering the mitt.
- Air dry near a heat source such as a heater or wood stove avoiding direct contact.

### Boots

- Comfortable, waterproof and high enough to keep snow out. Prefer models that can go down to -30 degrees and pay attention to the amount of insulation (100 to 600 grams) indicated on the label. The more the figure is high, the more it will protect from the cold.
- During the test, check that there is a small gap of 1 cm, because it is too narrow in a boot, it will be colder.

- Remove the felts every evening, even if they do not seem soaked. There is often a less perceptible humidity that forms and can cause your feet to be cold the next day.
- Buy an additional pair of felts in case of wet little feet.
- There are also electric dryers for boots and mittens.
- A good pair of socks is also important. High winter socks and thicker versus summer ones can make all the difference.

**Hat / neck warmer:** As the head and neck are the parts of the body that shed the most the heat:

- Avoid woolen tuques that go up by themselves on the top of the head and uncover the ears.
- Have a hat that covers the bottom of the back of the head (neck) well.
- Choose a neck warmer in the shape of a tube (promotes the autonomy of the child) rather than the one that attaches behind with a Velcro. (gets stuck in the hair, with time does not stick anymore)
- A 2 in 1: the balaclava is a plus! Everything is well covered, fast for the child, and one less piece to lose ...

Come on, we're ready for hours of fun outdoors

