

OUTDOOR WINTER Safety

Dress Warm

- Dress in layers (including boots!)
- Kids should wear mittens or gloves, a scarf and a hat to keep in body heat
- Keep their ears covered to prevent frostbite

Play Time

- Set reasonable time limits
- Call kids inside occasionally to warm up
- Provide warm drinks, like hot cocoa

Too Cold

- Look at both the temperature and the wind chill
- Don't ignore shivering - it is the first sign the body is losing heat



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