

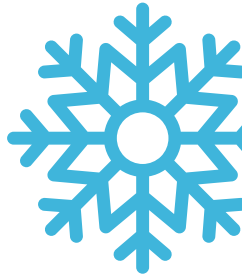


# Keeping children safe in the cold weather

Are you aware that children are more vulnerable to the cold? Children's bodies are smaller and they lose heat quicker than adults so here are some top tips to keep children warm and safe in the cold weather.

## Be prepared!

Think about signing up to the Met office alerts and watch the weather forecast to help you prepare for colder weather.



Ensure you are aware of the procedures that your child's nursery or school has in place in case of bad weather - this will help you to avoid unnecessary travel. It would help to have a plan in place in case of school closures.

Living in a cold home has negative impacts on a child's health and wellbeing.

Many families are facing the rising costs of heating bills and it is important to be aware of the available support.

## Clothing - think layers

Make sure children are layered up. Start with a vest and then a t-shirt and another layer on top.

These can be taken off throughout the day



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## Keeping warm

Dress children warmly in winter coats, gloves and hats.

Remember as children play and learn outside, to provide your child with a warm coat they can move around in.

It's always handy to have pockets to put a glove in each to keep them from disappearing!

## Staying safe outside

Keep an eye on children playing outside in the cold weather – if they are not moving around much or start to shiver, bring them inside to warm up.

Watch out for symptoms of hypothermia such as shivering, lips going blue, slurred speech and lack of coordination.

Introducing active games such as obstacle courses, jumping, and riding bikes can encourage movement and keep children warm.

Adults also need to remember to stay warm and layer your clothes too!



**Look out for others by checking in on older neighbours or relatives - especially those who live alone or who have serious illnesses, to make sure they are safe, warm, and well.**

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