



NATIONAL CENTER ON
Early Childhood Health and Wellness

Winter Safety Newsletter

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With the winter season coming up, it is essential to protect children from the harsh elements during the season when there might be extreme temperatures. The American Academy of Pediatrics (AAP) is offering valuable [tips](#) on how to keep children safe and warm.





What Children Should Wear

- Layers of loose-fitting, lightweight clothing.
- Outer garments such as coats should be tightly woven, and be at least water repellent when precipitation is present, such as rain or snow.
- Hats, coats, and gloves/mittens should be kept snug at the wrist. Communicate with parents about types of outerwear that the children will need to be able to go outside.
- Educate caregivers about the need for children to dress themselves, with help from adults as needed, especially for younger children. Head Start and child care providers should check children's extremities for maintenance of normal color and warmth at least every fifteen minutes. See the [Playing Outdoors Caring for your Children Standard](#) for additional information.
- Keep children warm and safe in the car seat by using a coat or blanket over the straps. See [Winter Car Seat Safety](#) Tips from the AAP for more information.

Winter Sports and Activities

Games will help keep children warm during the winter. When developing activities for children to do outside, set reasonable time limits on outdoor play. Set up play areas that are far away from roads, fences, and water to prevent injuries. Have children come inside periodically to warm up.

Influenza Preparedness

Cold weather does not cause colds or flu; however, the viruses that cause the cold and the flu tend to be more common in the winter. The CDC and the AAP recommend that all children 6 months and older, especially those with [chronic medical conditions](#) (such as asthma, heart disease, metabolic disorders or neurologic and neurodevelopmental disorders), receive the seasonal flu vaccine every year. All staff in the program should also get vaccinated for the flu. Review program policies on [hand washing](#); [cleaning, sanitizing, and disinfecting](#); and excluding [children](#) and [caregivers](#) who are sick. See the "[What's the Latest with the Flu](#)" messaging series for more information.



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The National Center on Early Childhood Health and Wellness welcomes your feedback on this newsletter issue as well as your suggestions for topics for future issues. Please forward your comments to health@ecetta.info or call (888) 227-5125.

This newsletter was developed with funds from grant #90HC0013 for the U.S. Department of Health and Human Services, Administration for Children and Families, Office of Head Start, Office of Child Care, and Health Resources and Services Administration, Maternal and Child Health Bureau by the National Center on Early Childhood Health and Wellness. This resource may be duplicated for noncommercial uses without permission. This publication is in the public domain, and no copyright can be claimed by persons or organizations