

## **Clothing**

### **Purpose**

ECMS will ensure that children are comfortably and appropriately dressed throughout the day, especially in respect to weather conditions, play activities and safe sleeping guidelines. The ECMS Sun Protection Policy should be read in conjunction with this policy.

### **Procedures**

#### **Dressing for weather conditions**

Parents are asked to provide a warm jacket and hat/beanie for children to wear outside in colder weather and summer hats, which are wide brimmed, or legionnaire style in the summer. Please refer to the “Sun Protection Policy” for dressing in warmer weather

#### **Dressing for play**

Clothes and shoes that allow children to feel comfortable and which are suitable for “messy and active” play are encouraged. Children should wear shoes which enclose their feet and allow a firm grip when climbing. Thongs, clogs and moccasins are not appropriate footwear.

ECMS encourages children to play freely and to get involved in messy experiences such as art and craft, water play, sand play and digging in mud patches (occasionally with water). We ask that children never be sent in clothes that must be kept clean as a child who is worried about getting clothes dirty will be restricted in their play. The centre will provide protective smocks and aprons for the children to wear. If children are not comfortable wearing the centre’s protective clothing, they are encouraged to provide their own. Children’s clothing should allow for freedom of movement enabling children to play safely. Clothes that fit properly, without being too loose or tight, allow children to move freely and comfortably and participate freely in experiences. Parents are asked not to dress children in clothing, such as long skirts, which may catch on climbing equipment.

#### **Dressing for safe sleeping**

During rest/sleep time restrictive clothing and footwear will be removed.

The educators will ensure that:

- the room temperature is satisfactory for a comfortable rest
- children do not rest near heaters, and
- children are dressed appropriately for rest/sleep time and checked regularly to see that they are covered

For further information about safe sleeping practices refer to the ‘Sleep and Rest Policy’

#### **Dressing for independence**

Educators encourage children to dress and undress independently. Parents and guardians are asked to dress their child in clothes that allows them to practice and develop their self-help skills, for example:

- Elasticised waist pants or skirts

- Velcro strap shoes
- No overalls, zips or belts

For children who are not yet toilet trained, disposable or cloth nappies need to be provided if attending kindergarten services. Nappies are provided in most long day care services. A change of labelled clothing for all children is required.

### Shoes for safe play and comfort

ECMS asks parents to dress their child in well fitting, safe, comfortable footwear, which allows them to run, jump, climb and ride bikes. In warmer weather, children should preferably wear closed toe sandals with a broad heel base for increased stability. The children may remove their shoes for playing e.g. in the sandpit. Children should not wear thongs, jiffies, or shoes with high heels. In colder weather children should wear closed footwear such as boots or sneakers.

Things to remember when choosing footwear:

- A broad toe box- if the shoe is too shallow this can cause pressure on the toes
- Footwear should fit the longer of the two feet and there should be approximately 8-10mm of room beyond the longest toe
- The heel counter should be firm and feel snug as this helps to keep the heel and the foot stable
- A shock absorbing sole- to minimise jarring through the foot, leg and spine

### Respect for Children & Families

Educators will convey respect for children and an appreciation of their individuality by building in opportunities for them to make choices in relation to getting dressed, and the clothing they wear. However, issues relating to health, safety and the child's play and learning are the most important.

Educators will be aware of individual children's and families attitudes towards privacy and modesty when children are having their clothes changed or are dressing themselves. Older children will have access to safe comfortable and private spaces for dressing and changing. Educators will work with children and families to ensure that individual needs and preferences are understood and catered for.

Respect is important in addressing issues about clothing with families. Educators will work with families to have a better understanding of their particular cultural traditions regarding clothing and understand that there may be a range of cultural and religious issues related to dress. Educators will be respectful and understanding of families' choices.

### Model Appropriate Dress

Educators are required to wear sunhats and sun safe clothing while outside, and wear clothing and shoes that are safe, and that allow them to comfortably and easily interact with and care for the children.

Parent(s)/guardians are requested to **clearly name hats, shoes and other articles of clothing**. Clothes should be sturdy, washable and easily removable, particularly for those children who are beginning toilet training. Clothing should be comfortable for a busy day of art activities and outdoor play.

Policy Created Date	July 2014, Reviewed September 2016
Policy Review Date	September 2018
Sources and Further Reading	<a href="http://www.podiatrycare.com.au">www.podiatrycare.com.au</a> , SIDS and kids safe sleeping childcare kit Sunsmart (Victoria) <a href="http://www.raisingchildren.net.au">www.raisingchildren.net.au</a>
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