



Dress your child correctly when it's cold

Dressing your child in the same way as an adult when the temperature drops below minus 10 degrees is not enough. Small children cannot regulate their

body temperature as efficiently as adults,

and their skin is more sensitive

HEAD

Windproof hood which covers as much as possible, including forehead, cheeks and neck.

CHECK

Check around the neck and hands. If your child is neither sweating nor too cold, the temperature is just right.

INNERMOST

Thin wool as the innermost layer.

INTERMEDIATE

More wool or preferably fleece (wool or polyester fleece).

Room for **thick socks** or even an **extra sole lining!**

COLD AND IRRITABLE

If your child is fretting, it could be an indicator that he or she is cold.

Put **cold cream** on his/her face if it is really cold. Use creams which do not contain water.

NECK

A loose-fitting neck is better than a scarf.

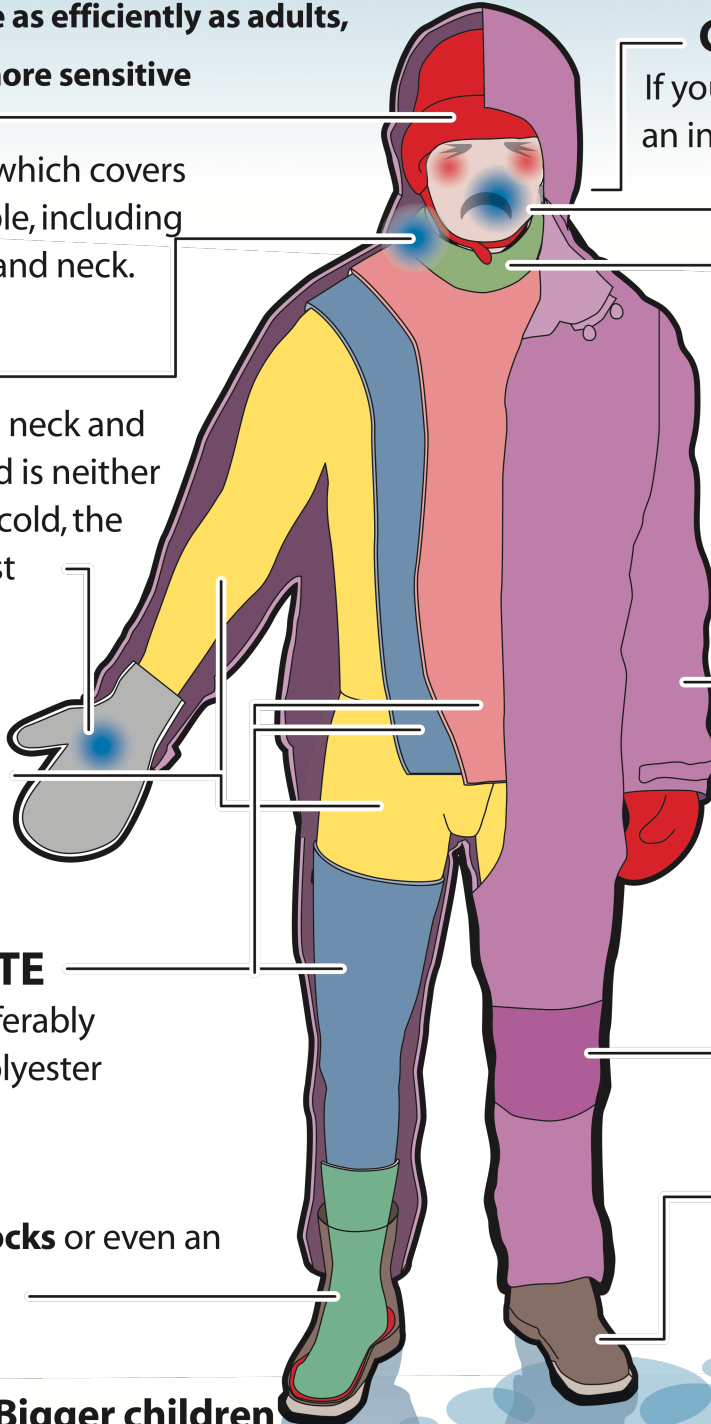
OUTERMOST

Water- and windproof garment which can breathe. **Ski suits** for the smallest. Always take windproof clothes on a trip, preferably with a hood.

Reinforcement on the knees is recommended.

FOOTWEAR

Which can keep out the cold and wet. Lined, breathable winter boots.



Bigger children

Use multiple thin, soft layers rather than a few thick layers.



Babies

Newborn babies should not be taken outdoors when the temperature is 10 degrees below freezing. Do not apply cold cream to the faces of babies.



FORGET THE SLEDGE

It's colder on the slopes, and children have been known to freeze to death in sledges.