

INTRODUCTION

Effective clothing and comfort strategies are important factors in ensuring a child feels secure and safe in the BDCS environment.

OVERALL GOALS – What are we going to do?

BDCS will endeavour that children wear clothing and footwear that does not restrict movement and does not cause discomfort or safety issues while involved in daily activities. Parents will be contacted if there are no items of clothing or footwear for the child to wear.

This includes:

- Safe sleepwear;
- Sun protective clothing and hats.
- Clothing for messy play;
- Appropriate clothing for changing weather conditions and the temperature of play environments;
- Clothing to facilitate self-help;
- Safe footwear for play experiences such as climbing and running.

OVERALL STRATEGIES – How will it be done?

Exploring and getting messy is an integral part of childhood. Children cannot freely express themselves and fully explore the experiences provided if they are concerned about getting their clothes dirty.

DIRECTORS NOMINATED SUPERVISORS AND EDUCATORS WILL:

- For experiences that involve paint, clay, water etc. children will be provided with appropriate aprons. **Please note** however, that staff **will not** force a child to wear an apron but should encourage them to do so, nor can staff restrict a child from participating in an experience
- Thongs are not appropriate as they can be a tripping hazard as well as a WHS hazard and should not be worn by staff or children.
- Each child will wear a suitable hat for outdoor play (please refer to the **Sun Safety Policy** for more information).
- Staff will monitor the weather and:
 - adjust babies and toddler's clothes accordingly
 - assist pre-schoolers to be aware of the weather in relation to appropriate clothing and ensure they are suitably attired.
- Staff will monitor the temperature of the sleep environment and address children's clothing needs accordingly.
- Care will be taken to ensure that clothing or items that may pose a risk to sleeping babies/children are removed e.g. hoods, long cords

PARENTS WILL ASSIST IN THE FOLLOWING WAY:

- They will be advised to send their children in appropriate clothes that will allow for children to play and explore freely.
- They will be asked to send several changes of clothes per day for their children.

- As early childhood is a time of learning, parents will be asked to provide footwear that is, with practice, simple for the children to manage independently. This enables children to develop self-help skills.
- Footwear that is appropriate for the temperature and weather conditions for each day should be worn.
- Thongs are not appropriate as they can be a tripping hazard for young children and do not encourage free movement.

CLOTHING AND TOILETING

Being able to use a toilet is a major milestone in a child's development. Clothing that children can remove by themselves will increase self-esteem and confidence in toileting.

- Clothes that are easy to pull down and up should be worn rather than clothes with braces, belts and buttons.
- Children that are already toilet-trained can still have accidents, however rare they may be. Parents are asked to include spare pairs of underwear for this reason.

Sources and further reading

- Cancer Council Australia www.cancer.org.au
- Podiatry care - www.podiatrycare.com.au
- SIDS & Kids. www.sidsandkids.org

Links to National Quality Standard: 2.1.1,2.1.2,2.3.2,4.2,4.2.1,5.2.3

Education and Care Services National Regulations 2011: 106,168

Policy Revision History

<i>Date</i>	<i>Authorised By</i>	<i>Description of Amendments</i>	<i>Sections affected</i>
Jan 2021	P. Ritchie – GM		

- **Review Date: Jan 2022**