

Outdoor Children's Clothing for Winter

from www.GardenAdvice.co.uk

In today's world of television and computer games its still great to spend quality time out of doors with family and friends. However what ever the weather, rain, shine, hot or cold the time will be best enjoyed with the right clothing and gear for the activity in hand, be it gardening with your kids, walking, bike rides, fishing or general playing in the woods, park or on the beach.



When dressing children for the outdoors there are a few considerations to bear in mind:

1. Safety
2. Comfort & Ease of Use
3. Style/Activity
4. Wear-ability, Care and Storage
5. Cost



Safety in the Garden

The correct clothing will greatly improve the safety of your child in the garden from Wellingtons with grip soles, to wearing gloves to protect hands from scratches and cold, to keeping warm without sweating. Don't forget warm weather protection, see article ...insert link.?

Also do not forget the importance of safe gardening tools and equipment for your child (see link to ...???) and remember to keep an up to date and recommended first aid kit close at hand - in the shed, by the back door or with you in the car or bike bag.

(for more information on First Aid Kits see web link to British Red Cross... ??)

For more detail on safety please refer to our safety section on the web site??

Comfort and Ease of Use

Your child will only be happy in the garden if he/ she is comfortable. The garment must fit well, with plenty of room for layers of under-clothing, and space to move. Watch particularly for body length, neck, waist tightness and cuff tightness. Cuffs that seem to fit snug may well become too tight after a while and cause irritation and discomfort. Necks that are too tight are quite a danger.

Do not go for one thick layer, instead put on 2-3 thinner layers of undergarments to allow warmth to be trapped and skin to breathe. Although wool is cosy, it is bulky, restrictive and very heavy when wet so avoid it if possible.



The outer garment must be 100% waterproof for wet weather clothes and breathable to avoid sweating which leads to chills & chapped skin. The modern technical fabrics these days are specially designed to be light weight, abrasion resistant woven, breathable, soft and sometimes stretchable and have a good weight to warm ratio by trapping air.

Make sure your child, with or without assistance, can get in and out of the article with ease, if it is difficult this can indicate a poorer garment that is badly made or of the wrong proportions and size. Check studs, zips, straps and all fastenings before buying.



Good out door clothing should be bought from a reputable supplier showing the fabric content, care instructions and usage of the garment. Some points to note when choosing a garment or particular maker/brand are:

1. A fully taped zip
2. Zips with storm flaps
3. Peaked and volume adjustable hoods
4. Reflective strips and logos
5. Adjustable cuffs on wrists and ankles
6. Lined pockets, preferably thermal for winter
7. 100% water proof fabric
8. Breathable fabric
9. The correct size



Most garments should come with a British and or European Legislation regulation mark to indicate it has met the required safety criteria.

Style and Activity



Children not only want and need to be comfy but want to look good too. There are many very practical clothing makes but why not try one which is trendy and fun as well as functional.

After all this is supposed to be a good time so it's a question of "LOOK GOOD – FEEL GOOD" !!

Take some time to choose the right article for the activity i.e. Wellingtons or boots, hats, all in ones, thick or thinner socks, waders, separate hood or attached, lined or separate removable lining giving flexibility.

Wear-ability, Care and Storage

Purchase the correct item for the activity i.e. wind or waterproof, warmth, light and cool for warmer weather etc.

Always read the care labels and follow manufacturers recommendation on re- waterproofing, waxing, washing etc.

Never put clothing away wet, hang to dry thoroughly. Pack away carefully so as not to damage seams and zips. Don't leave clothing or footwear in sunlight, as this will deteriorate the fabric. Be careful what detergents or soap you use.

For children's clothing try to ensure it is machine washable for obvious reasons!

Cost

In short we suggest you buy the best you can afford. Bearing in mind how fast your child will grow, you can weight up the value for money by how much use it will get. The better the quality the longer it will last on the whole and good quality clothing can always be passed to friends or sold, as it will still more than likely be in good condition.

Remember though that practical and functional are the important factors to be balanced with price. Internet shopping may find you some good bargains and companies you don't get in the high street.

Written by Julie Morton



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