

Kingaroy Child Care Centre



Clothing and Comfort Policy

Policy Number : Nine

Policy statement

- * Effective clothing and comfort strategies, including sun protection clothing, are important factors in ensuring a child feels secure and safe in a child care service environment.
- * The service endeavours to consult with families about their child's individual needs and to be aware of the different values and parenting beliefs, cultural or otherwise that are associated with clothing and footwear.
- * The service defines 'comfort' as a state of reassurance, satisfaction, ease, and free from anxiety or pain. For example, children are more at ease, reassured, satisfied and less anxious when they are: dressed for warmth during winter or not over-dressed during summer, or wearing safe footwear when climbing outdoor play equipment.
- * In this service the term 'clothing and footwear' encompasses:
 - o safe sleepwear;
 - o sun protective clothing, including hats;
 - o clothing for messy play, including art and craft aprons;
 - o appropriate clothing for changing weather conditions and temperature of play environments;
 - o clothing to facilitate self-help, including role play props and clothing; and
 - o safe footwear for play experiences such as climbing and running.
- * It is understood by staff, children and families that there is a shared responsibility between the service and other stakeholders that the Clothing and Comfort Policy and procedures are accepted as a high priority.
- * In meeting the service's duty of care, it is a requirement that management and staff implement and adhere to the service's Clothing and Comfort Policy.

Strategies and practices

Clothing and footwear

Sleepwear

- * Staff/carers monitor the temperature of the rest environment and address children's clothing needs.
- * Children resting in jumpers with hoods and cords are at higher risk of choking and should not be encouraged to wear these garments when resting.
- * Sleepwear should take into consideration the:
 - o child's age;
 - o safe resting practices established by the service;

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- temperature of the rest environment;
- bed linen used for resting; and
- individual needs.

Sun safe clothing, including hats

- * Please refer to the service's Sun Protection Policy.

Clothing for messy play, including art and craft aprons

- * Protective clothing for messy play will be provided. For example, aprons are worn during:
 - painting and collage experiences;
 - clay or water play; or
 - cooking.

Clothing and the indoor/outdoor environmental conditions/temperatures

- * The centre will monitor weather conditions in which heat / extreme cold related illnesses are likely. Children will remain indoors during temperatures below 10 degrees and higher than 38 degrees.
- * The centre staff will ensure that children are dressed in appropriate clothing for the climate.
- * Children will be encouraged to drink plenty of fluids at all times of the year.

Department of Emergency Services

2007

Clothing to facilitate self-help, including role play clothing

- * Children will be given a range of dress up clothes which will reflect different cultures and genders. These dress ups will allow children to zip zippers, button up buttons, tie scarfs and try shoes. This allows children to practice skills that are required for life but need to be practiced. These clothes will be washed fortnightly.

Safe footwear for play experiences such as climbing and running

- * The centre considers footwear that is appropriate to be sandals, shoes and sneakers. Thongs may be worn, however children will be encouraged to take them off during outdoor playtime. The centre then takes no responsibility for thongs taken off during outdoor play.
- * All children attending excursions will be required to wear an enclosed shoe.

Clothing not permitted in the service

- * The centre will not accept a child or parent who wears clothing that may offend others. For example shirts or baseball caps with slogans, images or language that may potentially provoke a negative response or offend a particular cultural group.

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- * We encourage parents to consider clothes that may pose as a health and safety risk. For example, hooded jumpers with cords that may get caught and cause choking, long ribbons in hair. Children who may be toilet training will find overalls difficult to get off in time and cause frustration and unnecessary anxiety.

Protective behaviours and practices

Children undressing and dressing

- * The centre acknowledges that in different situations some children will need to be supervised when dressing and undressing, depending upon age, abilities. For example, children aged 2-3 years of age generally require assistance when undressing and dressing especially when toilet training. However, it is not considered appropriate practice in outside school hours care for staff to supervise school age children undressing or dressing.
- * Staff will identify when and where children are dressing or undressing and understand that children have a right to privacy.

Staff, students and volunteers as role models

- * Children learn through example and role modelling is an important strategy in children's services to maintain quality standards. The service does not consider the following forms of clothing appropriate for wearing during work hours:
 - o **Short** skirts/shorts, board shorts, football shorts, cut off jeans, low cut tops, swimwear or gym exercise clothing, midriff tops, and singlets as appropriate dress.
 - o Dress denim in the form of a skirt/ shorts or jeans are acceptable.
 - o Enclosed footwear must be worn at all times.
 - o (Masseur sandals / thongs are not considered suitable footwear)
 - o Hair and general appearance is to be clean and tidy at all times.
 - o Hats must be worn during outside play.

Communicating with different stakeholders

Children

- * All children are individuals and will have preferences for clothing and hats. A child who is non compliant about wearing the correct apparel will have the situation and importance explained to them. The centre always provides children with spare hats which they are encouraged to wear. If this is not appropriate then staff will encourage the child to play in the shaded areas.
- * Staff will endeavour to provide children with spare jumpers / long pants in winter should they not have such items. Occasionally, children may refuse to wear appropriate clothing, such as a sweater, when playing outdoors in cold weather conditions. Every attempt will be made to explain to the child the importance of

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complying however it may be decided that several children and a carer return indoors if negotiations with a child are not reached.

- * If clothing:
 - restricts play and movement, such as footwear that is cumbersome and inhibits children from walking and running. For example, gumboots;
 - discourages self-help skills and causes frustration; such as children wearing buckled overalls while toilet training; or
 - does not meet the service's safety requirements and is considered a high risk, such as children wearing hooded jumper with cords or sleepwear that does not meet the best practice recommendations from SIDS & Kids.

Then the clothing may be removed and suitable clothing provided.

Families

- * Clothing and Comfort strategies and practices are outlined in the Family Handbook, enrolment forms, newsletters and excursion permission forms.
- * Should families send their child in clothing that is deemed not appropriate then staff will gently remind them of the centre's policy or bring the matter to the attention of the Director. Procedures for mediation with families will be followed.

Staff

- * Should staff breach the dress code the Director or assistant Director may bring it to the staff member's attention. If however, the issue continues, the Director may begin counselling and grievance procedures.
- * Staff will be actively encouraged to partake in the policy review.

Management

- * The Director will maintain up to date information from recognised health authorities. Add any additional information to policy and review the policy with parents and staff.

Policy review

- * The service will review the Clothing and Comfort Policy and procedures, and related documents, including behaviours and practices every 18 months.
- * Families are encouraged to collaborate with the service to review the policy and procedures.
- * Staff are essential stakeholders in the policy review process and will be encouraged to be actively involved.

Procedures

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The following are examples of procedures that a service may employ as part of its daily practices.

Examples:

- * Laundering items of clothing.
- * Employee induction procedure.
- * Policy development and review procedure.
- * Procedure for non-compliance of Clothing and Comfort Policy and procedures by:
 - o child;
 - o staff/carer; or
 - o student/volunteer.
- * Student and volunteer induction procedure.

Links to other policies

The following are a list of examples of links with other policies:

- * Child protection
- * Enrolment of new children and families to the service
- * Excursions
- * Meeting children's individual and group needs
- * Occupational health and safety
- * Sun protection
- * Staff/Carers as role models

Sources and further reading

- * SIDS & Kids. (2006). *Sudden Unexpected Death in Infants (SUDI) frequently asked questions: SIDS & Kids: Safe sleeping in child care kit*. NSW: Author.
- * The Cancer Council NSW. (2006). *SunSmart childcare: A policy guide for service providers*. Sydney: Author.
- * Queensland Government Department of Emergency services. (2007). *Keeping children safe*. Queensland www.emergency.qld.gov.au/publications/

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