

Clothing and Comfort Policy

Children need protective, comfortable and appropriate clothing and footwear to explore their environment. Clothing needs to protect children from injury and sun exposure while promoting self-help abilities. Appropriate footwear will fit a child's foot correctly and ensure comfort. Educators will also dress to prevent injury and sun exposure and will be encouraged to dress in a professional and respectful manner.

It is the aim to ensure the safety and comfort of all children by providing appropriate clothing guidelines for children, parents and staff utilising and working at the centre.

Children being clothed appropriately enables them to play without risk of sunburn and serious injury caused by inappropriate footwear or clothing. 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 or participating in sport

Effective clothing strategies, including sun protection clothing, are important factors in ensuring a child feels safe and secure at our Centre.

Management/Nominated Supervisor will:

- Ensure that a Sun Safety Policy is developed and maintained.
- Ensure that educators are provided with personal protective equipment (e.g. gloves, goggles etc.) to facilitate cleaning and health protection measures
- Provide information for educators about suitable clothing and footwear expectations for the education and care work environment.
- Provide information for families about suitable clothing and footwear. This information will also be available at the Centre using a variety of communication strategies including newsletters, brochures, websites and posters.
- Ensure educators are aware and abide by the Sun Safety Policy.

Educators will:

- Consult with families about the individual needs of children with respect to different values and beliefs associated with clothing and footwear.
- Monitor children's clothing and footwear to ensure compliance with the Sun Protection Policy and to support the safety, comfort and well being of every child.
- Consider clothing and footwear needs associated with excursions or planned learning experiences and communicate clearly with families about the need for extraordinary protective clothing requirements.
- Provide clean and appropriate spare clothing to children if needed.
- Provide protective clothing, such as aprons, for messy play experiences. Children will be encouraged by educators to wear protective clothing during messy and water play.
- Encourage children to remove shoes and heavy/ excess layers of clothing during rest times and to reflect the room temperature, as recommended practice by SIDS and Kids.
- Do not restrict children's comfort or compromise their safety when sleeping and resting. E.g. Clothes with hoods or cords are not suitable for babies or toddlers to sleep in.
- Encourage children to utilise their self-help skills as appropriate to put on and remove clothing and shoes to meet their needs. For younger children, educators will use observation and monitoring skills to ensure children's clothing and footwear is appropriate for the environment and weather conditions.

Families will:

- Provide spare clothing in children's bags to allow for dirty or soiled clothing and changing weather conditions.
- Dress children appropriately, including footwear and appropriate hat
- Ensure their Child is clothed in an appropriate manner which will allow them to explore and play freely and not restrict them using equipment while at play



- Ensure clothing also allows easy access for toileting i.e. elasticised trousers, track pants – rather than buttons, zips, belts etc.
- Not dress their children in good/expensive clothing
- Ensure children are appropriately protected from the sun - please refer to Sun Safety Policy for further directives on hats and clothing.
- Ensure children’s clothing accommodates for the weather conditions. I.e. be loose and cool in summer to prevent overheating and warm enough for cold weather – including outdoor play. At all times educators will monitor children to ensure they are appropriately dressed for all weather, play experiences, rest and sleep routines.
- Ensure Children have appropriate footwear that enables them to play comfortably and not cause safety concerns. I.e. thongs, clogs or backless shoes have a trip factor and do not allow children to use equipment safely.
- Ensure clean and appropriate spare clothing are available in children’s bags if required.
- Ensure all clothing and belongings must be clearly labelled with the child's name.

Source: Education and Care Services National Law and the Education and Care Services National Regulations 2015, Guide to the National Quality Standard, Australian Children’s Education & Care Quality Authority. (2014). Community Child Care Co-Operative, Occupational Health and Safety Act 2000, Occupational Health and Safety Act 2004 SIDS and KIDS – www.sidsandkids.org, Cancer Council Australia – www.cancer.org.au, Raising Children Network – <http://raisingchildren.net.au>, Staying Healthy in Child Care 5th Edition

Date Implemented: 16/04/2012

Review Completed: 22/01/2017

Schedule for Review: 22/01/2018

National Quality Standard – NQS	
Quality Area 1: Educational Program and Practice	
1.1.3	The program, including routines, is organised in ways that maximise opportunities for each child’s learning
Quality Area 2: Children’s Health and Safety	
2.1	Each child’s health is promoted
2.1.1	Each child’s health needs are supported.
2.1.2	Each child’s comfort is provided for and there are appropriate opportunities to meet each child’s need for sleep, rest and relaxation.
2.3.2	Every reasonable precaution is taken to protect children from harm and any hazard likely to cause injury.
Quality Area 5: Relationships with Children	
5.2.3	The dignity and rights of every child are maintained at all times
Quality Area 6: Collaborative partnerships with families and communities	
6.1	Respectful supportive relationships with families are developed and maintained
6.1.1	There is an effective enrolment and orientation process for families
6.1.2	Families have opportunities to be involved in the service and contribute to service decisions
Early Years Learning Framework	
Learning Outcome 1 - Children have a strong sense of identity	
1.2	Children develop their emerging autonomy, inter-dependence, resilience and sense of agency
Learning Outcome 3 - Children have a strong sense of wellbeing	
3.1	Children become strong in their social and emotional wellbeing

