

Lady Gowrie Community Kindergartens

CLOTHING FOR CHILDREN POLICY

CONSIDERATIONS:

NATIONAL QUALITY STANDARDS	2.1 and 2.2
NATIONAL LAW ACT & NATIONAL REGULATIONS	Law: Section 167 Regulation:168

POLICY STATEMENT:

To share with families information about the clothing needs of children in the program, particularly in relation to comfort, protection from the sun and full participation in the program.

RELEVANT FORMS/MATERIAL:

- Lady Gowrie Community Kindergartens Excursion Policy
- Lady Gowrie Community Kindergartens Program Planning and Development Policy
- Lady Gowrie Community Kindergartens Safety and Supervision Policy
- Lady Gowrie Community Kindergartens Sun Protection Policy
- Kindergarten Family Handbook

POLICY SPECIFIC SOURCES:

- Cancer Council Queensland (www.cancergld.org.au).
- Cancer Council Victoria (2011), *Be Sun Smart, Play Sun Smart Early Childhood Resource*.
- *SunSmart UV Levels (SunSmart App or Bureau of Meterology Website)*.
- Queensland Government Website Sun Safety and Skin Cancer (www.qld.gov.au).
- Queensland Government, Qld Health Early Childhood Sun Safety (www.health.qld.gov.au/public-health/schools/sun/early-childhood)

(Accessed 2025)

Reviewed: January 2025

Date to Be Reviewed: July 2026

IMPLEMENTATION	
REMEMBER	Parents/guardians may have no prior experience of early childhood programs. It is recognised that clothing choices may be an expression of a child's individuality and staff will make efforts to support these choices within the framework of dressing appropriately for experiences at kindergarten, weather conditions and safety.
WHAT YOU SHOULD DO	All staff are responsible to ensure that children are dressed appropriately throughout the day to cater for experiences provided, weather changes and conditions. This includes early mornings and late afternoons, as well as throughout the day. Where children are wearing clothing which does not support sun protection practices such as a singlet or dress with shoe string straps, staff will request and support the child to change clothes or place a T-shirt over the top while they engage in outdoor play. Children and staff will wear hats which support sun protection while engaging in the outdoor environment. The Kindergarten Service will have a collection of spare hats which are laundered after use, in the instance a child attends the Service without a hat or with a hat such as a cap which does not support sun protection practices. Inform parents/guardians about the type of activities children will be engaged in. For example, in our programs, children: • work with messy materials such as paint, clay, glue, water, sand and mud; • climb, run, jump and swing; • are encouraged to be independent; • are encouraged to rest and/or sleep to meet their individual needs; • may spend long periods of time outdoors. Describe suitable clothing. For example, children will need clothes which: • are comfortable to rest and/or sleep in; • accommodate a range of temperatures which may occur over the course of a day; • allow for growing independence, e.g. pants that can come off easily for toileting, shoes with easy fastenings, front openings for dresses etc; • will neither restrict activity nor reduce safety (e.g. slippery shoes, long skirts); • are easy to launder and able to withstand wear and tear; • are cool, but will provide protection from the sun e.g. covered shoulders and arms; • clothing which supports sun protection practices also has a collar or

	high neck, covers as much skin as possible for example shirts with long sleeves. Clothing which is made from close weave materials such as cotton, polyester/cotton and linen and is dark in colour to absorb UV radiation (white and lighter colours reflect UV radiation onto skin) is recommended. Recommend parents/guardians to: • Include at least one full set of spare clothes. (Explain that in emergencies spare clothes can be provided and these need to be laundered and returned to the Kindergarten.) • Provide a well-fitting, named hat, broad-brimmed style (brim of 8 – 10 cm), bucket style (with a deep crown and brim size of at least 5 cm) or legionnaire style (not cap) that shades the face, back of neck and ears (this is to be taken home on a weekly basis for laundering or in the instance of an akubra or similar style hat; wiped out weekly). Where the Kindergarten Service provides a hat which supports sun protection as part of the enrolment at the Service, families will be advised of this on enrolment. • Ensure children do not wear obtrusive jewellery which could catch on equipment, clothing etc when engaging in play. • Name every article of clothing worn or brought to the Service. (Explain that while this may seem a tedious task, naming items will help to prevent misplaced and lost belongings that may cause tension for children, parents and staff). • At Service discretion, children may be encouraged to remove their footwear during outdoor play in supporting wellbeing development. In this instance, staff will monitor the presence of insects and other hazards and advise families and children when footwear should remain on. Water Play: In the instance where a Kindergarten Service undertakes water play and children are provided with the opportunity to wear their bathers or togs, families will be requested to provide a swim shirt / rashie or T-shirt for their child to wear over the top of their bathers / togs while engaging in this experience in supporting sun protection practices. Service Events: There may be times across the year that children are offered the opportunity to attend kindergarten wearing a 'dress up' or 'costume'. Prior to and during these event days, staff will discuss with children that they will need to consider their safety when choosing which experiences to engage in and some experiences may not be offered as part of the program during these Service events. Staff will also discuss with children and families to provide a change of clothes of general kindy clothing for the child to change into at the child's choice during the event day or after discussion with staff where staff observe that a change of clothing will support the individual child's wellbeing and safety.
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