



### 4.3 Children's Clothing & Footwear

#### **Purpose**

---

To recognise that clothing and footwear, including comfort, safety and sun protection, is important in ensuring that all children feel safe and secure at John Street and can enjoy the education and care provided at John Street.

#### **Objective**

---

To implement a policy that ensures the appropriate clothing of children at John Street, while allowing full participation in daily activities, and including education about appropriate clothing.

#### **Definitions**

---

**Clothing** - Garments worn to cover the body and limbs.

At John Street, children's clothing and footwear includes safe sleepwear; sun protective clothing, including hats; clothing for messy play; appropriate clothing for changing weather conditions and temperature of play environments; clothing to facilitate self-help, including role play props and clothing; and safe footwear for active play such as climbing and running.

#### **Scope of policy**

---

This policy applies to all children, families and educators at John Street.

#### **Policy Statement**

---

Children should wear comfortable clothing to John Street that is clearly marked with their name. The program is designed to provide a range of stimulating and frequently messy activities, and smocks are not provided. The children are encouraged to feel at ease at John Street and to move freely between activities.

"Good" clothes often inhibit the children from participating in the program.

#### **Procedures**

---

**Educators at John Street will:**

- Endeavour to purchase paints that wash out easily, however, it has been found that some colours can be difficult to remove
- Encourage families not to send children to John Street in dresses, as the children often have difficulty in running and climbing
- Endeavour to ensure that children are dressed appropriately for indoor and outdoor play
- 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
- Encourage children to make their own choice about whether or not they wish to wear shoes, both inside and outside, subject to the families' wishes
- Children attending the kindergarten program will be encouraged and supported to wear shoes in preparation for transition to primary school.
- Ensure that all children are comfortably dressed for sleep and are covered appropriately for the room temperature, while respecting children's preferences and cultural preferences
- Assist children to adjust their clothing in accordance to weather conditions and temperatures throughout the day
- Respect the privacy and preference of children, and will approach all children with sensitivity
- Educate children about how to manage their own clothing and the value of appropriate clothes
- Ensure children's clothes are accessible
- Acknowledge the tactile hypersensitivities some children experience in regards to clothing. Hypersensitivity to labels, seams, or socks, while puzzling to many families and educators, can be common. Educators will acknowledge these sensitivities and where practicable work around them with children and families.

**Educators support children with independent dressing, and the following table is referred to by educators at John Street as a guide to what childhood independent dressing might include at different ages and stages.**

<b>One Year</b>	<ul style="list-style-type: none"> <li>- Holds arms out for sleeves and puts foot up for shoes</li> <li>- Pushes arms through sleeves and legs through pants</li> <li>- Likes to pull socks and shoes off</li> </ul>
<b>Two Years</b>	<ul style="list-style-type: none"> <li>- Removes unfastened coat</li> <li>- Removes shoes when laces are untied</li> <li>- Helps push down pants</li> <li>- Finds armholes in t-shirts</li> </ul>
<b>Two and a Half Years</b>	<ul style="list-style-type: none"> <li>- Pulls down pants with elastic waist</li> <li>- Tries to put on socks</li> <li>- Puts on front-buttoned shirt (without doing up buttons)</li> </ul>

	<ul style="list-style-type: none"> <li>- Unbuttons one large button</li> </ul>
<b>Three years</b>	<ul style="list-style-type: none"> <li>- Puts on t-shirt with little help</li> <li>- Puts on shoes without fastening (might be wrong foot)</li> <li>- Puts on socks (might have trouble getting heel in the right place)</li> <li>- Pulls down pants on his own</li> <li>- Zips and unzips without joining or separating zipper</li> <li>- Removes t-shirt without assistance</li> <li>- Buttons large front buttons</li> </ul>
<b>Three and a Half Years</b>	<ul style="list-style-type: none"> <li>- Finds front of clothing</li> <li>- Snaps or hooks clothing in front (press studs and zips)</li> <li>- Unzips/zips front zipper on jacket (separating zipper)</li> <li>- Puts on gloves</li> <li>- Buttons series of 3-4 buttons</li> <li>- Unbuckles shoes or belt</li> </ul>
<b>Four Years</b>	<ul style="list-style-type: none"> <li>- Removes t-shirts on her own</li> <li>- Buckles shoes or belt</li> <li>- Connects jacket zipper and zips up zipper</li> <li>- Puts on socks the right way</li> <li>- Puts on shoes with little help</li> <li>- Knows front and back of clothing</li> </ul>
<b>Four and a Half Years</b>	<ul style="list-style-type: none"> <li>- Steps into pants and pulls them up</li> <li>- Puts belt in loop</li> </ul>
<b>Five Years</b>	<ul style="list-style-type: none"> <li>- Dresses without your help or supervision</li> <li>- Puts on t-shirt or jumper correctly each time</li> </ul>

Adapted from Dunn Klein, M. (1983). *Pre-dressing skills* (rev. edn). Tucson: Communication Skill Builders.

**Families whose children are enrolled and attending John Street should follow the guidelines below:**

- Dress children in comfortable loose clothing that is appropriate for the weather conditions, and that can get dirty, and allows children to be involved in messy play.
- Provide at least 2-3 changes of labelled clothing to cater for changing weather conditions and play time accidents including singlets, underwear, socks, T-shirts, pants/shorts and jumpers.
- Children are required to have a coat as well as shoes and a sunhat.
- Children's footwear should be sturdy, well fitting, fully enclosed and appropriate for running, climbing and jumping. Children are not to wear thongs or high heels.
- Children's clothing should be appropriate for the educational program and environment and should not hinder the child from physical activity, including climbing. Tight and/or sleeveless clothing and dangly jewellery is not recommended for safety reasons (see John Street SunSmart Policy).

- All clothing should be labelled. Parents should check the Lost Property Box in each room regularly for any missing articles of clothing. If an unfamiliar piece of clothing comes home please return it to John Street as soon as possible so that its rightful owner may be located.

## Responsibility

---

It is the responsibility of all educators at John Street to actively implement these strategies, ensuring that children and families are provided with information supporting the implementation of this policy.

## General Information

---

How we dress accomplishes two things: it identifies us as part of a group (our place within society) and also it is a statement of our individuality. This is a hard balancing act to learn and one that can certainly take a long time.

It's important that families and educators realise that independent dressing is a learning experience and that they need to allow their children to make choices and mistakes. Mastering this task should be a continuing source of pride for your child, not one of frustration.

## Sources

---

*Red Nose Child Care Kit*, Retrieved July 2018 <https://rednose.com.au/page/child-care-kit>

Cancer Council, SunSmart Schools and Early Childhood Programs *Sample Sun Protection Policy for Early Childhood*, Retrieved July 2018, <http://www.sunsmart.com.au/downloads/communities/early-childhood-primary-school/ec-sample-sunsmart-policy.pdf> The Cancer Council of Victoria,

Dr Robert Needlman and Dr Laura Jana, 2006, *Learning to Dress Independently*, Raising Children Network.

## Related John Street Policies, Procedures and Guidelines

---

<b>Policies</b>	<i>Children's Personal Items from Home; Enrolment, Orientation &amp; Custody Arrangements; Sleep &amp; Rest; SunSmart;</i>
-----------------	--

## Authorisation

---

This policy was approved by the John Street Board in March 2019.