**Behavior:** Dressing for the weather

**Why/Purpose:** To be safe, be responsible, and be respectful of the location to where you are going.

* To teach children to be responsible by caring for themselves.
* To teach children to be respectful of their own bodies.
* To teach children that when dressed properly there is safety from the elements of the weather.

**Teaching Examples:** *The following are situations that your child might find him/herself in. Use these examples to discuss with your child how to make good decisions about dressing for the weather.*

* **Outfit vs. weather**: You have to go to work (or an appointment) early and can’t be home when your child is getting ready for school. You know that your child likes to wear short sleeve t-shirts and jeans with a light jacket but it is very cold outside. Talk about why it might not be safe for your child’s health if that was worn (ex. frost bite, colds). Talk about unexpected situations that can come up and leave your child in the cold longer (ex. a late bus, outdoor recess). Help your child come up with ways that he/she can wear what is wanted (ex. sweatshirt over t-shirt, heavier jacket instead of the light one) and still dress for the weather.
* **Respect your body:** On a very hot day you went to pick up your child from the mall and your child was wearing short shorts and a scandalous shirt. When you questioned your child about the lack of clothing you were told that all of her friends were wearing the same thing. Talk with your child about respecting your body. Talk about how the child would feel if their parent were to wear that outfit.

**Activities/ Role Plays:**

1. Talk with your child about your expectations of the clothes you want your child to wear in different kinds of weather and why.
2. Help your child set up his/her closet with the appropriate clothes for each season. Rotate their closet each season so that weather-appropriate clothing is in the front.

**Follow-up/Reinforcement Activities:**

1. Before your child goes to bed ask him/her what they are planning to wear tomorrow.
2. Praise your child when appropriate clothing is chosen.