

Oak Journal

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It's that time of year again. With the seasonal change, comes a change in wardrobe, and new challenges for morning routines. It seems every year there is a struggle once children are asked to wear appropriate clothing for the weather. Many children do not want to wear the jackets, shoes, socks, or sweaters that their parents provide them.

So, where does this come from? Why is it such a common theme for so many children and how can we support one another in helping our children dress for the weather? I decided to conjure up my old pal Google, and do some research on the topic. It came as no surprise to me that there were not only plentiful articles, but also endless discussions on it in various forums from all around the world. It would appear that this is a common problem!



So, why? Why is it that so many children are resistant to layering themselves in warm clothes when it's clearly cold outside? There could be a variety of things going on. According to an article by Allison Aubrey on NPR, it could be a developing control over sensory processing; "Kids would rather be the way they came into the world: naked. And as they adapt to the world of clothing, extra layers -- particularly coats -- add to their heightened perception of constriction." In other words, adding more layers can feel constricting and uncomfortable for some children.



Something else that may be happening is a yearning for control. Children have so little control over many aspects of their life, and clothing is one area where they have the power to feel more assertive. The more we push them to wear what we want, the more they may resist. Kids also move around a lot and can run warmer than we do, so wearing a coat while they're feeling hot may seem ridiculous to them. They may not require the same layers that we do in order to stay warm.



So, what can we do about it? It's clearly cold, and we don't want any of our Oak friends getting sick during the winter season. Not only that, we are programmed from the second we have a baby to bundle them up and keep them warm. The good news is, kids can't get sick because they're cold. According to a study referenced in the Washington Post article, "this study demonstrated no effect of exposure to cold on host resistance to rhinovirus infection and illness that could account for the commonly held belief that exposure to cold influences or causes common colds". Children also tend to learn from experience, and if they are wearing nothing but a sleeveless shirt, sandals and shorts in the chilly mornings and happen to get wet and cold while outside, chances are they will remember this experience and think twice about not wearing a sweater next time around.

So, given this information, will you be changing the way you address this with your children in the future? If so, let us know!

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Salt
Clay
Clay Tools