

# Clothing for Children

## Background

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The clothing children wear while at the Service influences the quality of their experiences and their learning because clothes can affect their health, safety, comfort, level of independence and ability to play. These issues apply to the clothes children wear to the Service, the spare clothes they bring, spare clothes provided by the Service, and dress-up clothes.

## Policy statement

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This policy provides families with information about suitable clothing for their child to wear while at the Service. It is consistent with recommendations from recognised authorities such as SunSmart, Red Nose and Kidsafe. This policy also considers the range of activities children are involved in at the Service, the weather, and the need to encourage children's independence and self-help skills.

Family preferences and values, cultural or otherwise, about clothing are respected and accommodated without compromising children's safety while at the Service.

## Strategies and practices

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- The *Clothing for Children Policy* is explained to parents when they enroll their child in the Service, and their attention is specifically drawn to their responsibilities under this Policy. The *Clothing for Children Policy* is also included in the Parent Handbook given to all parents.
- The Service informs families about suitable clothing for their children while at the Service for safe indoor and outdoor play, sun safety, and safe sleep and rest. This information is provided through newsletters, notice boards, information nights, and educator-parent meetings, with special emphasis during change of seasons and unusual weather.
- Educators include in the program - planned and spontaneous discussions and experiences about appropriate clothing for weather, seasons, and different types of activities.
- Educators ensure children are dressed appropriately throughout the day. This includes the possibility that some adjustments may need to be made during the day through changes in weather and in the activities, children are involved in (e.g., active play, messy play, sleep, and rest).
- Educators, students, and volunteers are role models for children and are expected to meet the Service's dress requirements when at the Service.
- Parents are asked to label every item of their child's clothing (including spares) brought to the Service.

When dressing their child for a day at the Service, parents are also asked to consider: -

## Sun protection

- Refer to the Service's *Sun Protection Policy*.

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## Active play

- Children need to wear clothes that are non-restrictive, durable and can be easily laundered so that they can participate freely in all the activities available at the Service. Such items as, long skirts; hooded jumpers with cords; hats with cords and toggles; and rubber thongs and other loose footwear are not suitable because they pose safety risks when children are climbing, running and riding bikes.

## Weather conditions

- Parents are asked to dress their children according to weather conditions and temperatures and to provide a supply of clothing in their child's bag for possible changes in the weather through the day.

## Art and craft activities/messy activities

- Parents are asked to dress their child in clothing that allows participation in messy activities and can be easily laundered. Good or 'special' clothes are not suitable because children can become distressed if these become marked.
- Children participating in art and craft, clay, or water play, cooking or any other form of messy play will be encouraged to wear one of the Service's protective smocks or aprons.

## Independence and self-help skills

- Educators encourage children's self-help skills (e.g., taking off and putting on shoes and socks, removing clothing, pulling up clothing after toileting). Routines and 'dressing times' are unhurried and considered to be opportunities for interaction and conversation with children and developing self-help skills.
- In order to facilitate children's self-help and independence, parents are asked to dress children in: -
  - clothes they can undo easily and remove quickly for toileting. Clothes with elastic waists are preferred to overalls and to trousers with zips and buttons.
  - shoes that are easiest to put on, such as those with Velcro clips.

## Protective behaviours and practices

- Assistance is offered to children under the age of three years old when dressing or undressing.
- Children over the age of three are encouraged to dress/undress themselves. Assistance is provided when necessary.
- Children who are capable of dressing/undressing are given the option of privacy.

## Excursions

- The Service provides parents with information about suitable clothing for any planned excursion, and parents are asked to dress their child accordingly, and to pack spare clothing suitable for the excursion.

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## Footwear

- Children are to wear non-slip shoes or sandals that are flexible and provide a good grip. Thongs, clogs, and gumboots are not suitable for running and climbing.
- Children may remove their shoes for outside play, weather permitting.

## Sleep and rest

Refer to the Service's *Sleep and Rest Policy*.

## Spare clothing

- Parents are asked to provide spare clothing for their child. Older children require at least one change of clothes. Younger children require several changes of clothes because accidents are more frequent. Children who are toilet training also need enough underpants or training pants.
- The Service has a supply of spare clothing, consistent with this *Clothing for Children Policy*, to be used when needed. If a child needs to use these clothes, parents are asked to launder and return them as soon as possible.

## Soiled clothing

- Soiled clothing is placed in a plastic bag which is labelled with the child's name and date of soiling. The plastic bag is stored in a sealed container in the Soiled Items storage area, out of the reach of children. Parents are asked to collect any soiled clothing at the end of each day.

## Additional requirements for babies

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- Parents are encouraged to dress toddlers in clothes which allow easy nappy changes.

## Responsibilities of parents

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- To dress their child in accordance with this *Clothing for Children Policy*.
- To provide spare clothing for their child. Older children require at least one change of clothes. Younger children require several changes of clothes because accidents are more frequent. Children who are toilet training also need enough underpants or training pants.
- To label every item of their child's clothing (including spares) brought to the Service.

## Procedure and forms

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- N/A

## Links to other policies

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- Educator Professionalism, Ethics and Reflection Policy
- Enrolment and Orientation Policy
- Excursions and Incursions Policy

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- Sun Protection Policy

## Links Education and Care Services National Regulations 2011, National Quality Standard 2011

QA	1.1.3	All aspects of the program, including routines, are organised in ways that maximise opportunities for each child's learning
	2.1.1	Each child's wellbeing and comfort is provided for, including appropriate opportunities to meet each child's need for sleep, rest and relaxation
	2.1.2	Effective illness and injury management and hygiene practices are promoted and implemented
	3.1.1	Outdoor and indoor spaces, buildings, fixtures and fittings are suitable for their purpose, including supporting the access of every child

## Sources

- Education and Care Services National Regulations 2011
- Guide to the National Quality Standard 2018
- Sunsmart (2018). *Slip on clothing: Sun Protective Clothing* information sheet.  
<https://www.cancer.org.au/cancer-information/causes-and-prevention/sun-safety/besunsmart/sun-protective-clothing> accessed 23 June 2025

## Further reading and useful websites

- Red Nose – <https://rednose.org.au/> accessed 23 June 2025
- SunSmart – <http://www.sunsmart.com.au/> accessed 23 June 2025

## Policy review

The Service encourages staff and parents to be actively involved in the annual review of each of its policies and procedures. In addition, the Service will accommodate any new legislative changes as they occur, and any issues identified as part the Service's commitment to quality improvement. The Service consults with relevant recognised authorities as part of the annual review to ensure the policy contents are consistent with current research and contemporary views on best practice.

## Version Control

Version	Date Reviewed	Approved By	Comments/Amendments	Next Review Date
1	8 January 2018	Kaylene Harper	Updated to changed NQF requirements 1 February 2018.	January 2019
2	6 February 2019	Kaylene Harper	Reviewed policies. Accessed websites and further readings.	February 2020
3	28 January 2020	Kaylene Harper	Reviewed policies. Accessed websites and further readings.	January 2021
4	13 October 2020	Kaylene Harper	Reviewed policy. Accessed websites and further readings.	October 2021
5	28 September 2021	Kaylene Harper	Reviewed policy	September 2022
6	6 October 2022	Linda Hollard	Reviewed policy Accessed sources	October 2023
7	22 August 2023	Grace McKinstry	Reviewed policy Accessed sources	August 2024

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8	1 July 2024	Tiffany Boeske	Reviewed policy Accessed sources	July 2025
9	23 June 2025	Gen Mahaki	Reviewed policy. Updated sources and links.	June 2026