

**LA TROBE UNIVERSITY**  
**COMMUNITY CHILDREN'S CENTRE**

**CLOTHING STATEMENT**

The Centre both respects and supports each child's and adult's need for comfort in regard to clothing and is aware of the different values and parenting belief, cultural or otherwise that are associated with clothing and footwear. However, for children's and adult's health and welfare the Centre provides the following recommendations.

**September 1 to April 30:**

**Clothing**

When outside, children and adults are required to wear loose fitting and closely woven (fabric) clothing that covers as much skin as possible. Tops with elbow length sleeves, and if possible, collars and knee length or longer style shorts and skirts are best. **Note:** Singlet tops do not offer enough protection and are therefore not recommended and access to outside play will not be allowed.

**Hats**

When outside children and adults are required to wear hats that protect their face, neck and ears, i.e. legionnaire, broad – brimmed or bucket hats. Due to the risk of children becoming entangled in hat cords and choking the Centre recommends that the cords are removed from hats. **Note:** Baseball caps do not offer enough protection and are therefore not recommended.

**Sunglasses**

A sun protective hat will provide UV protection for eyes. The Centre suggests that when sunglasses are worn that they meet the Australian Standards AS/NZS 1067 with a category number 2, 3 or 4. **Note:** Sunglasses without the Australian Standards codes are considered toys and do not provide eye protection. Sunglasses with a category number of 0 or 1 are considered fashion spectacles and do not provide adequate protection against UV radiation.

**May 1 to September 1:**

Both children and adults are to be prepared for changes in the weather. It is therefore suggested that coats and hats (optional) are to be provided. Unless otherwise advised by the family children are offered indoor/outdoor play throughout the day all year round.

**Children**

**Clothing to facilitate self help**

The Centre recommends that families consider the clothing children wear to child care with considerable thought to promoting age appropriate independent skills.

Example: if children are toilet training we suggest you avoid overalls as they have buckles which can be difficult for children to manipulate in a 'hurry'.

**Clothing for Rest**

If children require rest/sleep at the Centre educators will remove the outer layers of loose clothing to prevent overheating and entanglement as specified in the Centre's Safe Sleep Guidelines .

**Clothing for messy Play**

The Centre advises families that 'best clothes' should not to be worn by children attending the service. While children are at the Centre they want to be fully involved in the activities offered without the restrictions of their clothing or fear of staining or damaging these clothes. The Centre does provide protective clothing such as smocks (with and without sleeves) for use during messy play experiences like painting, collage, clay, water play and cooking.

### Safe footwear

Whilst the children are at the Centre they will be involved in active play such as running, jumping, balancing and climbing. Families are to consider the activities that children participate in and provide children with footwear they believe suit their child's particular needs.

### Change of clothing

The Centre requests that families provide a complete change of clothes (Refer to Information for Users and Conditions of Enrolment). However, the Centre does have 'spare' clothing for children to wear if and when the need arises.

### Adults

#### Suitable clothing

Clothing should provide sun protection (Refer to Sun Protection Statement) be comfortable and allow for freedom of movement. Singlet tops are not allowed during warmer months (refer above for dates)

#### Safe footwear

Footwear should provide adults with sound and secure balance, grip and positive footing on all surfaces.

### Role Models

Children often copy those around them and learn by imitation. Research shows that if adults adopt sun protection behaviours, the children in their care are more likely to do the same<sup>1</sup>. Role modelling is an important strategy in promoting appropriate clothing choices. Educators will communicate with children about why the strategies are important and what the outcomes can be if we do not follow them and provide children with alternative options/choices.

### Smoke Free

The Centre is a smoke free environment and operates under the governance of the University's Smoking Policy. 'The health dangers associated with active smoking have been known for some years. More recently, research both within Australia and overseas has suggested that significant health risks may be associated with passive smoking...', especially for a young child. If adults working with children feel the need to smoke in their breaks the Centre requests that they wear a removable outer layer over their clothes which are then removed before recommencing work with the children.

### Conclusion

Further specific details on suitable clothing and footwear for babies and children can be accessed from the [www.raisingchildren.net.au](http://www.raisingchildren.net.au) web site.

It is important to acknowledge that working in the Early Childhood field is a physical and demanding job. Therefore it is important that educators dress in suitable work attire for their own comfort and safety (OH&S) as well as modelling appropriate attire for the children.

#### **Links to other documents:**

Information for Users and Conditions of Enrolment – Centre Information Manual; Staff and Family Induction checklists; Nappy Change and Toileting; Placing Young Children Down to Sleep; Sun Protection Statement; Back Care – Additional Manual Handling Information; Infection Control Checklist

#### **Reference:**

Education and Care Services National Law Act 2010; Education and Care Services National Regulations; Occupational Health and Safety Act 2004 Sections 21 and 23; main Duties of Employers Section 25; Duties of Employees [www.worksafe.vic.gov.au](http://www.worksafe.vic.gov.au) >Laws and Regulations > Acts and Regulations: OHS legislation and UV radiation – 3. PREVENTION 3.2 Employer and Employee Responsibilities p5; SIDS: [www.raisingchildren.net.au](http://www.raisingchildren.net.au) : SunSmart Victoria; La Trobe University Occupational Health & Safety; Industrial Work Conditioning Clinic Pty Ltd; La Trobe University Occupational Health and Safety Manual – Smoking Policy (last Modified: 3 August 2009 )

Formulated 26 March 2009; Approved 27 August 2009 Minute 388.7 iii. a.; Amended: 29 August 2011 Approved: 31 August 2011 Minutes 404.10

<sup>1</sup> Dobbinson S, Fairthorne A, Bowles K-A, Sambell N, Spittal M, Wakefield M. *Sun protection and sunburn incidence of Australian children: summer 2003-04*. Melbourne: Centre for Behavioural research in Cancer, Cancer Council Victoria, July 2005 unpublished