## Understand the Weather

#### Wind-Chill



- •30 is *chilly* and generally uncomfortable
- •15° to 30° is cold
- •0° to 15° is very cold
- •-20° to 0° is bitter cold with significant risk of frostbite
- •-60° is frigid and exposed skin will freeze in 1 minute

### Heat Index



- •80° or below is considered comfortable
- •90° beginning to feel uncomfortable
- •100° uncomfortable and may be hazardous
- •110° considered dangerous

All temperatures are in degrees Fahrenheit

# **Child Care Weather Watch**

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		Heat Index Chart (in Fahrenheit)															
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# **Child Care Weather Watch**

Watching the weather is just part of the job for child care providers. Planning for playtime, field trips, or weather safety is part of the daily routine. The changes in weather require the child care provider to attend to the health and safety of children in their care. What citthing, bewerages, and sun screen are appropriate? Dress children to maintain a comfortable body temperature (warmer months - lightweight cotton, colder months - wear layers of clothing). Drinking beverages helps the body maintain a comfortable temperature. Water or fruit juices are best. Avoid high sugar content beverages and soda pop. Sunscreen may be used year around. Use a sunscreen labeled as SPF-15 or higher. Aprly sunscreen generously and frequently. Read the label of the sunscreen product. You can also use sunscreen to block hamful rays from the sun. Look for sunscreen with UVB and UVA ray protection. Have children play in shaded areas or create shade in the play area.



Condition GREEN - Most children may play outdoors and be comfortable. Child care providers should watch for the child that becomes uncomfortable while playing outdoors.

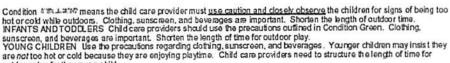
INFANTS AND TODDLERS Infants/toddlers are unable to tell the child care provider if they are too hot or cold. The infants/toddler may become fussy when uncomfortable. Infants/foddlers tolerate shorter periods of outdoor play. Diess infants/toddlers in lightweight cotton or cotton-like fabrics during the warmer months. In cooler or cold months dress infants in layers to keep them warm. Protect infants from the sun by using sunscieen and playing in shaded areas. Give beverages while playing outdoors.

YOUNG CHILDREN Use precautions regarding clothing, sunscreen, and beverages. Young children need to be reminded to stop play and drink a beverage and apply more sunscreen.

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OLDER CHILDREN Use precautions for clothing, beverages, and sunscreen. The older child needs a firm approach to wearing proper bithing for the weather (they may want to play without coats, hats or mittens). Apply sunscreen and give beverages while outdoors.

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outdoor play for the young child.

OLDER CHILDREN Use precautions for clothing, sunscreen, and beverages. Use a firm approach to wearing proper clothing for the weather (they may want to play without coats, hats or mittens), applying sunscreen and drinking liquids remain important while playing outdoors.



During condition RED most children should not play outdoors due to the health risk. INFANTS/TODDLERS should play indoors and have ample space for large motor play. YOUNG CHILDREN may ask to play outside and do not understand the potential danger of weather conditions. OLDER CHILDREN may play outdoors for very short periods of time. Child care providers must be vigitant about proper clothing, beyerages, and use of sunscreen

### Understand the Weather

The weather forecast may be confusing unless you know the meaning of the words used by your weather forecaster.

- Blizzard Warning: There will be snow and strong winds that produce a blinding snow, deep drifts, and lifethreatening wind chills. Seek shetter immediately.
- Heat Index Warning: How hot it feels to the body when the air temperature (in Fahrenheit) and relative humidity are combined.
- Relative Humidity: The percent of moisture in the air.
   Temperature: The temperature of
- the air in degrees Fahrenheit.

  Wind: The speed of the wind in
- miles per hour.

  Wind Chilf Warning: There will be sub-zero temperatures with moderate to strong winds expected which may cause hypothermia and great danger to people, pets &
- livestock.

  Winter Weather Advisory: Winter weather conditions are expected to cause significant inconveniences and may be hazardous. If caution is exercised, these situations should not become life threatening.
- Winter Storm Warning: Severe winter conditions have begun in your area.
- Winter Storm Watch: Severe winter conditions, like heavy snow and ice are possible within the next day or two.

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