

# TIPS FOR STAYING WARM

PRESENTED BY THE EDMONTON FETAL ALCOHOL NETWORK CHILD & YOUTH WORKING GROUP

## Tips for Teens

- 1- Don't wear a tight hat if you don't like how it feels on your head, maybe try wearing a hoodie under your jacket and pulling the hood up to keep your head warm.
- 2- Put clips on your jacket to attach your mittens so you don't lose them.
- 3- Write your name on your winter clothes, mittens, hats, etc to prevent other kids from going home with them.
- 4 - Buy mittens with velcro around the wrists to tighten them on but still allow the mittens to be comfortable.
- 5 - Wear a pair of slippers around the house instead of turning the heat up.
- 6 - Always remember to take your wet socks/pants or other clothing when you get home and put on dry ones.
- 7 - If you don't want to lug around a big heavy jacket, layer your clothing so you can remove a layer when you get to warm without taking all your outer wear off.



## Tips for Parents

- 1 - Buy multiples of the same item for your child so a lost mitten can easily be replaced.
- 2 - Go to the Dollarstore and get yourself a mitten dryer. It looks like an upside down popsicle maker with openings in it to go over a floor vent in your home.
- 3 - Try to buy your children clothes that are made out of fleece, polyester, fennel or cotton mixed with another fabric.
- 4 - If your child doesn't want his/her name in their clothes maybe try sewing a patch of different colored fabric on their winter clothes to make them more easily identified.



MAKE SURE YOU KEEP ALL THE WINDOWS CLOSED PROPERLY IN THE HOUSE. THIS WILL KEEP ALL THE HEAT IN.



KEEP A FLEECE BLANKET AROUND AT HOME. NOT ONLY IS IT WARM, IT'S LIGHTWEIGHT AND USUALLY VERY SOFT.



CLOSE THE DOORS TO ROOMS YOU ARE NOT IN, IT WILL KEEP THE HEAT CIRCULATING IN THE ROOMS YOU ARE USING.