



Living in Scotland, the weather can change so quickly. One moment it can be sunny and the next rainy. Therefore, when sending your child to our nursery it's best to be prepared for all weathers to make sure they can get the best they can out of the time spent at nursery.



Essentials – A normal day

Waterproof Top



Waterproof Trousers



Or a Suit



Waterproofs are needed everyday, even in the summer. It could rain at any time and waterproofs will prevent your child from getting wet and cold. It is always advisable to bring them along in a bag just in case the weather suddenly turns. Lidl provide a good robust option for value for money.

Jumpers/layers



Wellies



Spare socks/pants and clothes



It's good to have a few layers as it can get quite cold sometimes. It is best to **avoid** cotton as when it is wet it will take a long time to dry and also it doesn't insulate well.

Wellies are very important as it can get very muddy on the meadow, it's always good to provide suitable footwear so that your child avoids getting wet feet. Waterproof trousers should be put over the top of the wellies so the water runs off.

It is important to have a couple of pairs of spare socks as when socks get wet they aren't nice to put on. Also having a few pairs of pants to change into in case of any toileting accidents or even from falling in the mud. Bring a couple of sets of spare clothes as on the wettest days they may need multiple sets to change into. Please **avoid** jeans.

Water/Juice Bottle



Being outside all day can be thirsty work especially when the sun is shining. It is best to have a water bottle for many reasons, you can see how much your child is drinking plus it's better for the environment to reuse a bottle.

Sun cream

When being outside all day we realise that the sun comes out quite often and protection is needed a lot more than you would think. We would appreciate donations of suncream to the nursery therefore when it is needed we can simply apply sun cream to all the children instead of each individual having their own.



Lunch/Snack



Running around can burn so much energy so it is important to make sure your child has a big lunch and snacks especially if they are staying the whole day. A lunch box **with a handle** is always handy as we sometimes go for walks which makes it easier to carry instead of a giant bag. Please **no nuts**, remember preparing snack is a perfect opportunity to talk about taking the healthy option with your child. Special care should be taken to prepare lunches on the morning of as they will be stored outside. On hot days you may want to use ice packs etc. as appropriate.

Waterproof rucksack/Plastic bag



A good waterproof rucksack, durable for your child's time at nursery is important. A name labelled spare clothes bag **can be left safely inside at nursery** to be taken home when items are needed to be replaced. Otherwise please make sure clothes are in a waterproof bag inside another bag to stay dry when needed as we

cannot always keep the children's bags dry. We can give out durable plastic bags if needed, just ask one of our staff.



PLEASE PUT NAMES ON ALL ON YOUR CHILDREN'S CLOTHES AND GEAR

We are always trying to give back left behind items, having names makes it so much easier then you don't have to constantly look for missing items or replace them!

Please help us care for the environment by reducing your plastic use in the children's snack and lunch where possible such as straws and cartons. We can provide cups for the children to drink from while at nursery if necessary.



Sunny day

Sun Hat



On sunny days please
send your child to
nursery with sun cream
ALREADY ON



Keeping your child protected from the sun is so important, having a sun hat will give extra protection and help keep the sun out of their eyes.

Sun Glasses

Having sunglasses is good for protection against the sun, it's another way to keep the sun out of your child's eyes.



Midge Repellent



Along with the lovely sun comes the midges which love to bite. To avoid this we would appreciate a donation of midge spray to protect the children from being bitten. Smidge is good and also the blue Avon skin so soft, not pink. You can also send your child with a midge net in their bag if you prefer not to use products.

*During the summer months please remember to check your child thoroughly for ticks after each session. It is always best to try and use long light layers to help give your child protection from ticks when out in the Scottish countryside. Please refer to the NHS guidance provided to you in our induction packs if you do happen to find a tick on your child.



Autumn + Winter



Thermals



Thermals are great for keeping people warm, so its best to have a pair for the cold winter days. Having a spare pair is great too just in case the others get wet.

Trousers, long sleeved top, jumper,fleece



Salopettes, jacket, suit



Long, thick socks, insulated wellies





Buff and a waterproof hat!



It's good to keep the neck and head warm as you lose about 40-45% of heat through your head. A buff is easy to put on and also can't fall off so it's an ideal thing for children to keep them warm.

Waterproof gloves



Waterproof gloves are needed as the fabric gloves get wet and muddy really quick when playing outside. The waterproof gloves will keep hands warmer and dry for a lot longer. Also having a **spare** pair is ideal especially when staying for the whole day.



Even more layers!

In the winter **many** layers are needed as it can get very cold outside it's best to get some really warm fleeces **avoiding** any cotton or jean materials.

If you have any questions feel free to ask one of the team. We would be happy to answer any of your queries. We are here to help and want your child to get the most out of the time spent at nursery. The more comfortable and warm your child is, the better experience they will have.

Thank you!