

Cold Weather and Kids: Safety First

Playing outside is important for children, even when it's cold!
But paying attention is crucial.

How can you protect children from the cold?

- Limit time spent outdoors when temperatures drop below -15°C , even if there is no wind
- Avoid going outside if the wind chill is -27°C or lower
- Wear several layers of clothing
- Make sure the head, face, hands and feet are well protected:
 - A hat is necessary, even when a coat has a hood
 - Opt for mittens over gloves
 - Opt for neck warmers over scarves, which can constrict the neck
- Avoid cotton against the skin, as it retains moisture
- Change damp or wet clothing
- Assess a child's comfort by checking that their hands and cheeks remain warm
- Take breaks indoors to warm up

Frostbite

Parts of the body most susceptible to cold injuries: ears, cheeks, nose, chin, fingers and toes

Signs	
<input type="radio"/>	Skin is normal or slightly red
<input type="radio"/>	Tingling or pain
<input type="radio"/>	Skin is white EMERGENCY
<input type="radio"/>	Loss of sensation
<input type="radio"/>	Skin is blue or black (risk of losing a finger, toe or area of face exposed to the air).

What to do in the case of frostbite

- Do not rub the skin
- Go to a heated place
- Remove damp clothing
- Warm the affected part of the body with your hands, under your arms (armpits) or using lukewarm (not hot) water
- **Call 811 or consult a healthcare professional**

Hypothermia

The body becomes too cold

Signs

- Continuous shivering
- Cold, pale skin
- Weakness, difficulty speaking, confusion, shivering stops
- Loss of consciousness



What to do in the case of hypothermia

Call 911 and go to a warm place while you wait

Infants and the outdoors

- Use a stroller cover to block the winter wind
- When using a baby carrier, make sure the child's hands and feet are well covered

Play it safe

- Play far from bodies of water
- Stay away from snowplows
- Do not build forts or tunnels without adult supervision
- Do not put metal objects in your mouth or touch them with your tongue

Some dangers do not come from the cold, but from methods used to keep warm.

Beware of carbon monoxide: an invisible, odourless and deadly gas

- Never use outdoor appliances (e.g., barbecues, fire bowls, gas or oil heaters) indoors
- Clear your car's exhaust pipe and never leave a child alone in a running car.
- If there is a power outage during cold weather, call 211 to find a warming centre near you.

Tool for parents and others supervising children |
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