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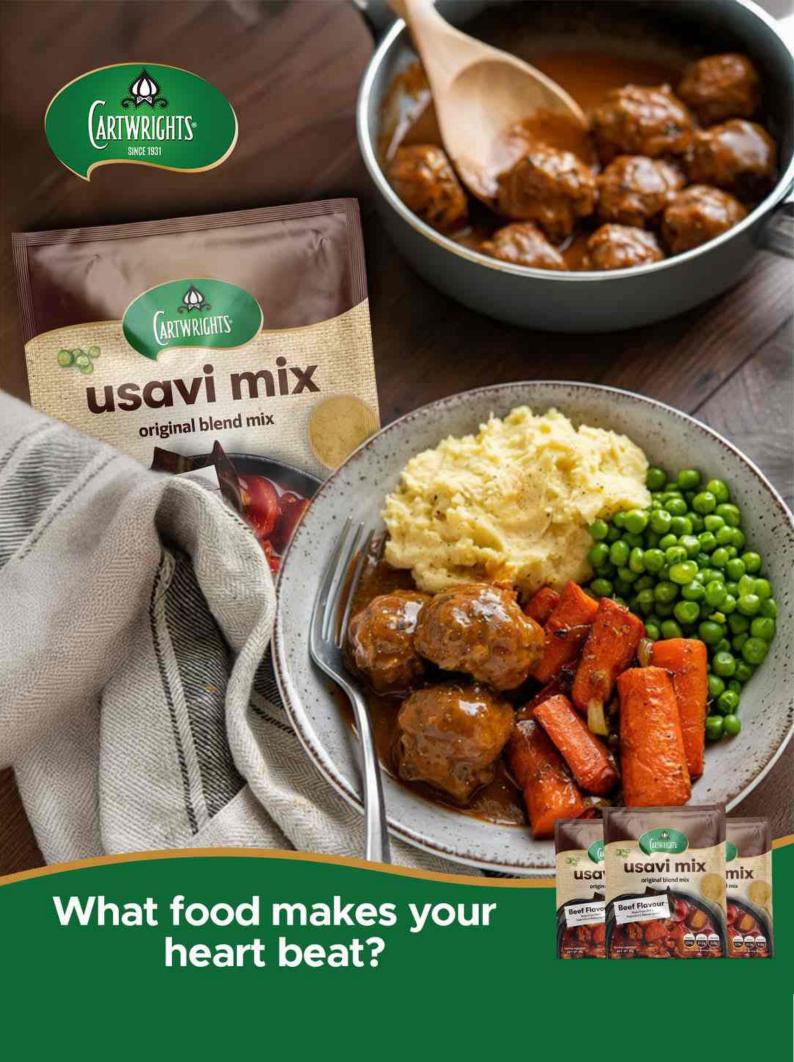
















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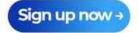
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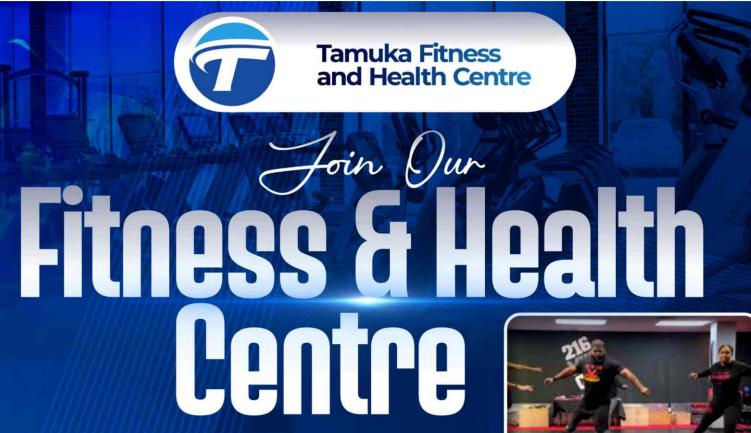
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Keep The Little Ones Warm This Winter

By Peter Matangira



As winter approaches, it's essential to prioritize the warmth and comfort of our little ones, whether at home or at school. Children are more susceptible to cold temperatures, and hypothermia can be a serious concern. Here are some tips to keep your kids warm and cozy during the chilly winter months:

- 1. Dress in layers: Layering clothing helps trap warm air and maintain body heat. Use breathable fabrics like cotton, fleece, or wool.
- 2. Choose warm clothing: Opt for warm, insulated jackets, hats, gloves, and scarves. Look for materials like down or synthetic insulation.
- 3. Keep them active: Encourage physical activity to generate body heat. Outdoor play, dancing, or indoor games can help keep them warm.

- 4. Warm beverages: Offer warm drinks like hot chocolate or tea to help raise their body temperature.
- 5. Home warmth: Ensure your home is well-insulated and maintain a comfortable temperature. Use space heaters safely.

Encourage physical activity..

6. Monitor their health: Be aware of signs of hypothermia, such as shivering, confusion, or drowsiness. Seek medical attention if concerned. By following these tips, you'll help keep your little ones warm, happy, healthy and enjoying school throughout the winter season.



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Promotion Details

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9:00 AM - 6:00 PM

Future Events:

Stay tuned for upcoming tournaments and events. For more information, please contact



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