



Huggies And Fredbare

Spring And Summer Fashion eBook

by **HUGGIES** & **FREDBARE**[®]

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It's that beautiful time of year when the blossoms are springing into bloom and the days start getting a little bit longer and sunnier. Spring is on the way, with Summer not far behind it. So how do you dress your little one for the rapidly changing weather?

The owner and designer of Australian clothing brand Fred Bare, Fiona White, is celebrating 20 years in the children's fashion industry this year. Her experience means she understands the needs of parents when it comes to their little one's wardrobe. Fiona has some practical tips for what you should be shopping for in the Spring and Summer months. She's also got great suggestions about the fabrics that will be most suitable for your little one's delicate skin.

We've also included tips on how to dress a toddler with a fashion sense of their own! And, we've got a great guide on de-cluttering your little one's wardrobe so that keeping everything in there is simple as can be!





Fiona's Key Spring Pieces

Spring wardrobe must haves:

When it comes to Spring fashion, it is important to remember that while the weather may be warming up, it can still get very cool, very quickly. As Fiona suggests, "In Spring the fabrics can be layered for a more trans-seasonal feel." So it is sensible to make sure your little one has a light base for their outfit with a cardigan or lightweight jacket. This can then be easily removed if it gets too warm.

As the weather improves, it can often mean some special outings for the family. Fiona recommends that if you're planning on a wardrobe splurge for your little one that you take the seasonal changes into account, "Spring for girls means a silk cotton lime dress with a beautiful graphic bird print. Spring for boys might mean a combi tank. It evokes the surf feel when teamed with denim."

Baby:

- 1 Babygros
- 2 Bodysuits
- 3 Hat
- 4 Lightweight cardigan
- 5 Long sleeved t-shirts

Toddler:

- 1 Lightweight denim jeans
- 2 Lightweight shorts
- 3 Long sleeved t-shirts
- 4 Cardigan or lightweight jacket
- 5 Hat





Key Spring trends for boys and girls:

Baby:

Fabric suggestions:

- Light-weight denim for jeans and shorts
- Organic cotton jersey for tops

Colours and patterns:

- Rock inspired boys digital print tees.
- Nautical knit wear

Girls:

Fabric suggestions:

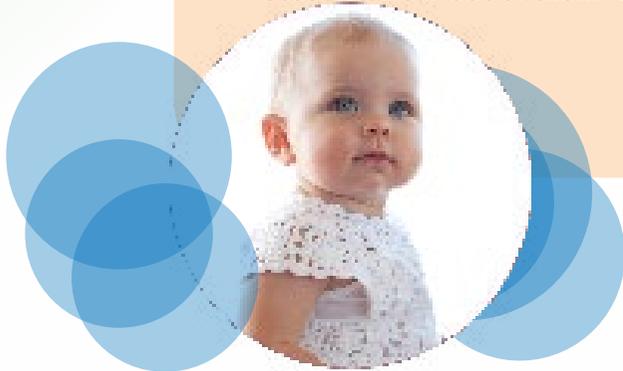
- Organic cotton
- Silk cotton

Colours and patterns:

- Neon coloured jeans
- Pastel floral pieces in Tahiti print

When it comes to buying your child's wardrobe look for fabrics and clothes that are soft and easy to care for. Skip things with overly long strings or ribbons; they're not practical or safe. Instead, go for things that snap shut, rather than buttons and items that can slide on and off bub's head easily.

In addition, elasticized waistlines are your little one's friend, and they also mean you can usually get more than one season's wear out of them. The same goes for stretch fabrics and loose waistlines on one-piece garments.





Fiona's Key Summer Pieces

Summer Wardrobe must haves:

Australian summers can be particularly harsh, and it is vital to dress your little one accordingly. While it isn't an item of clothing, remember to ensure your little one has plenty of protection from the harsh summer sun. Don't leave home without applying sunscreen.

When it comes to the Summer wardrobe, Fiona advises to choose your clothes appropriately, "Fabrics become cool, light weight with a brighter feel, perfect for warm balmy afternoons." As the Cancer Council also advises, you should check for the Ultraviolet protection factor on your little one's clothing, and make sure they're wearing loose clothes that cover as much of their body as possible to protect their skin.

When it comes to a little wardrobe luxury splurge, Fiona has combined the love of Aussie casual wear with a touch of colourful elegance. For the girls she suggests, "A print voile top with denim shorts." And for the boys she recommends a bit of combining, "Try a photographic print board short with a surf theme tee."

Baby:

1. Singlets
2. T-shirts
3. Shorts
4. Legionnaire style sun hat

Toddler:

1. Shorts
2. Short sleeved t-shirts
3. Quick dry board shorts
4. Singlets
5. Legionnaire style sun hat





Key summer trends for boys and girls:

Boys:

Fabric suggestions:

- Quick dry fabric
- Organic cotton

Colours and patterns

- Retro inspired prints
- Surf print boys tees

Girls:

Fabric suggestions:

- Voile
- Silk cotton

Colours and patterns:

- Vibrant colours in our spring floral print
- Special occasion dresses adorned with Swarovski crystals.





Dressing Dilemmas:

Lots of parents face a battle when it comes to dressing their little one. It can be a refusal to get changed out of their pajamas, through to a tantrum about wearing the clothes you've lovingly suggested. Getting dressed can quickly become a battleground for you and your child. Here are some practical tips to help make it a bit easier:

Keep it calm

Before you even attempt to start the dressing process, set the tone with lots of warmth and cuddles for them.

Distract them

Rather than focusing on what they're being dressed in, talk to them. It could be about the day ahead or what you've got planned for dinner that night. By changing their train of thought, you're less likely to get into a clothing battle.

Offer them limited choices

Offer your toddler a choice between two outfits. It isn't practical for you to allow them to choose freely for themselves. Some toddlers would wear a fairy dress on a day when it's freezing, while others will layer themselves in jumpers on a hot day. By offering them some choice you are giving them a small sense of ownership of the dressing process.

Make it a game

You can often get your little one to co-operate a great deal more easily if you're playing with them. When you pop a t-shirt over their head, call out, 'Where are you?' and once you've pulled it over, say, 'There you are!' Games like this are reassuring for your little one, and have the added benefit of distracting them from the job at hand at the same time.

Be sensitive

Many children find certain fabrics are itchy or irritating their skin. They won't always have the vocabulary to tell you that. So make sure you check their skin if they are distressed about wearing a particular item of clothing. Soft cottons and gentle fabric are almost always the best choice for your little one's skin.

Put it away

It's a good idea to pack away clothes that are totally inappropriate for the Autumn and Winter months. Toddlers usually operate on an 'out of sight, out of mind' basis. So if their snow boots aren't available to them, they are less likely to want to wear them on a 40 degree day.





De-cluttering Your Little One's Wardrobe.

Keeping up with the laundry, let alone making sure your little one has an organized wardrobe can be a real challenge! Whether you have a set of drawers for them, or a large wardrobe, it is much easier to manage if you have a system in place. By organizing bub's wardrobe into manageable sections you'll be able to keep tabs on what clothes fit them, and store or discard the items that don't.

1. Set aside some time to go through your little one's wardrobe from scratch.
2. Empty all the items from their wardrobe and go through them carefully. If they're too small and you want to save them for a sibling, store them in a space saving bag and put it away in a different closet for future use. Alternatively you can sell them on e-bay or give to friends with children of a similar age.
3. Focus on storing clothes by size and season rather than storing by colour codes. Your little one is growing very fast and at this stage it is the most practical way to do it. Once you've put away the clothes that aren't suitable for the season, cull things that are too small for them.
4. Get rid of any odd socks or clothes that are irreparably damaged.
5. Place clothes that are not suitable for that season in a space saving bag to store away. For instance, the puffa jacket might be great in Winter, but will be unsuitable for the Summer months. You can save lots of wardrobe space by putting it away.
6. Fold and group all the clothes that don't require ironing together. Long sleeved tops all get folded and put in one pile, short sleeve tops and so on.
7. Store the items in order of use. Singlets and nappies will usually go in the top drawer, short sleeve t-shirts in another drawer, and romper suits in a different one again. Work your way through until everything has been placed into piles with similar items and pop them neatly in a drawer.
8. Many parents find it helpful to have a visible labeling system in place. You may wish to label each drawer on the outside with the relevant clothing items in it. That way it makes it quicker when it comes to putting away the laundry as well.
9. If you have items of clothing for ironing, place them in the ironing basket. These tend to be few and far between when it comes to babies and small children. Parents have enough to do without adding in a pile of ironing as well. These clothes are usually for 'special occasions.' After you've finished de-cluttering, give them a quick iron and hang them up in a cupboard.

