

# APPENDICES

## APPENDIX I

## LECTURE

## Clothing for the Pre-school child

By using the term 'pre-school child' we refer to children from 2 years to 6 years of age. All children have to go to a formal school at the age of 6 year i.e. they enter class one.

Intelligent selection of clothing for pre-school children is predicted upon an understanding of physical growth and development during the early years.

There is great variation in the size of infants at birth. The average full term baby is about 50 cm long and weighs about 3 kgs. Girl babies are slightly smaller in all dimensions than boys.

Growth of the baby is very rapid during the first year but slows down considerably by the time the child is 2 years old. At 2 years, the average child has a height of 80cms to 85 cms and weighs about 10 kg to 12 kgs. By the time the child is 6 years old, his average height is from 109 cms to 114 cms and weighs about 17 kgs to 19 kgs.

As the child grows, his body proportions also change. In infancy, the head grows relatively rapidly so that during the first year head circumference is greater than chest circumference. Thereafter, the chest becomes proportionately

larger. The legs are shorter than the trunk at birth but grow more rapidly during the early years. Thus in pre-school years head growth is slow, limb growth is rapid and trunk growth is intermediate. By the time the child reaches his sixth birthday, his body proportions are much like those of an adult.

To draft a basic bodice block for a child, the measurements required are chest girth, shoulder to shoulder and length from highest shoulder to waist level. The table below shows the measurements required to draft a basic block for a 2 year old and a 6 year old child.

Measurements	2 years.	6 years.
1. Chest girth	49 to 52 cms.	60 to 65 cms.
2. Shoulder to shoulder	22 to 24 cms.	25 to 27 cms.
3. Highest shoulder to waist level	19 to 25 cms.	25 to 27 cms.

Pre-school age is a period when children learn most of the things through play. Therefore, play is the most important activity of the growing child. While at play he likes to run, jump, climb, carry, push and pull with ease and skill. All these activities require free movement of the limbs which is a necessity for the development of the child.

### Importance of suitable clothing

Since children grow rapidly during this period, their garments are outgrown very quickly. Therefore, they should have few garments that will serve all occasions and purposes. Garments should be replaced as soon as they start becoming tight. The tightness of the garment will restrict the child's play which is the most important activity of the growing child. The designs of the garments should provide adequate allowance for growth so that the garments can be worn for a longer period of time.

The quality and quantity of a child's wardrobe will depend on the social status of the parents, season and the activities of the child. If the child has to go to parties frequently, he will need more party clothes. If he is going to nursery school, he will need more play clothes. If he stays at home, he will need less clothes.

Children should be dressed in clothes that are suitable for the occasion and that will withstand the wear and tear that a normal child will give them. If very expensive clothes are given to them and they are asked not to spoil them, then they would either sit aside and not enjoy the company of other children or, they would enjoy themselves without paying any attention to their clothes. The child who sits aside becomes unsociable and the child who does not care for his clothes becomes careless.

Children like their clothes to be comfortable and enough like those of playmates to keep them from feeling different. At the same time they want their clothes to be attractive enough to be admired by all. Care should be taken to make the child the center of attraction rather than the clothes.

Suitable clothing for the pre-school child should also provide self-help features that will help the child to become independent in dressing and undressing which in turn builds up self-confidence in the child.

#### Functions of suitable clothing.

Besides the social function of covering the body for modesty, clothing is used to keep the body warm in winter and cool in summer. It provides protection against sunburn on hot days and dampness on rainy days. Properly fitted and comfortable clothes promote a more attractive appearance and disposition. A person can not be happy in a tight waist that causes discomfort or a crotch that is too tight for sitting comfortably or a tight neckline that may give the feeling of getting choked.

As pre-school children are constantly active, they need clothes that protect their body from scratchy bushes, hard sidewalks and numerous other skin bruisers. Overalls and long-sleeved jackets are especially designed to give such protection and should be made from firmly woven materials.

Garments must fit the body closely and be free of devices that may catch on abutments. Loose clothing, too long trouser legs or sleeves, ties wrongly placed, too large pockets and similar features may get caught in the wheels of wagons or tricycles, get stepped on when climbing, or catch on sticks or protruding objects, causing the child to fall or be thrown. Draw strings at the neck or waist and long ties on hoods and caps are dangerous because children are apt to be hanged by the strings as they climb and play.

For garments to be comfortable, necklines of shirts, blouses and dresses should be low in front to prevent choking. Loose fitting shoulders provide freedom of movement for stretching and lifting. Also the sleeves should be loose at both armholes and the lower edge, and so constructed that they will not bind. Adequate room through the hips and crotch will permit reaching, bending standing or sitting without binding. Most garments for pre-school children should hang from the shoulders; tight bands at the waist should be avoided. Flexible elastic in panties should be strong enough to hold up the garment but not to constrict the body.

Children's garments should be light in weight. Heavy garments tend to tire the child and thus restrict his activity. Small children perspire easily and so their clothing should be absorbent to keep the body dry and should also allow the air to circulate freely for proper body ventilation. Cotton is by far the most important fabric for

pre-school children's clothes. It is comfortable, absorbent, hygienic and easy to launder. Light weight cotton fabrics like cambric, rubia, poplin, etc. are suitable for frocks and shirts and medium weight cotton fabric like poplin, cotton satin, soft denim etc. are suitable for shorts and trousers.

#### Selection of clothing for pre-school child

It is wise to select fabrics that have been treated to resist dirt and wrinkles. No child can play freely if he has to worry constantly about soiling his clothing.

Bright colours are desirable for children's outer garments because they make it easier to spot the child on the playground, in the yard, or on the street. Waterproof outer garments should allow the air to penetrate. A small child perspires easily and his clothes will soon become damp if air does not circulate freely through them.

Colour, design and texture of the fabric used should be suitable for the age and size of the child. Sturdy, soft, and easily cared for materials with small all-over print or plain pastel shades or bright colours are most appropriate for children's clothes. Dark and dull colours should be avoided. A good quality fabric with a firm, close weave, made of firmly twisted yarns that will not wrinkle or soil easily, is preferable for most outer garments. Clothes worn next to the body, especially underclothes, should be of loosely woven or

knitted fabric to provide proper body ventilation and to absorb moisture.

All cotton fabrics should be pre-shrunk. If they are not, a garment may shrink the equivalent of two sizes in the first washing and thus become unwearable. In addition, fabrics should be colour fast. Constant washing will cause the best of fabrics to fade before a garment has outlived its usefulness. Any garment whose colour has a tendency to run requires much care in washing, which adds greatly to the time and effort of care.

Suitable fabrics for childrens's clothing should wash and iron easily; preferably they should require no ironing. The most common difficulty associated with fabrics in children's clothing centers around laundering. Running of colours and difficulty in ironing appear to be the most frequent complaint of home makers.

Cotton is by far the most important fabric for pre-school children's clothing. It is hygienic, easy to launder, absorbent and comfortable. Special finishes to provide crease-resistance, water repellency and non-inflamability have increased the desirability of cotton fabrics. Blend fabrics having sufficient percentage of cotton fibres to make the fabric absorbent are also suitable for children's clothing. Suitable blend fabrics available in the market are having 50% polyester and 50% cotton or 67% polyester and 33% cotton.



Good design in pre-school children's garments is based on the same principles as good design in garments for adults. In addition clothes for small children should stress simplicity and comfort. They should have adequate allowance for growth and self-help features, and should be easy to care for.

#### Allowance for growth

Growth is very rapid during the pre-school years. One of the greatest needs of this age is for longer wearing apparel that maintains both good fit and appearance through its life. Buying or making garments too large with the idea that the child will grow into them is false economy.

The garment will start looking old by the time it becomes the right size. Furthermore, this practice is psychologically bad for the child - it affects his appearance and comfort. Too large garments will make the child look clumsy and feel uncomfortable and also playmates may make fun of him. Careful selection of garments with growth features will insure longer wear.

Growth features are those features in a garment which, by opening a few seams, or by shifting buttons or by adjusting straps can make the dress bigger in size. The following features should be looked for when selecting designs for the pre-school children's clothing.

To provide for growth in height :

1. Shirts, dresses and trousers with broad hems or tucks at the bottom.
2. Dresses and trousers with tucks at the waist line to lengthen the upper part of the dress or to lengthen the crotch.
3. Jumpers, sundresses and overalls with adjustable long straps and broad cuffs or hems.
4. Skirts and trousers that button on to waist. Buttons can be lowered on the waist to increase length.
5. Yokes with cross-wise tucks that can be released as trunk of body lengthens.
6. Dresses with indefinite waist lines or no waist lines and broad hems.
7. Extra long shirts and blouses.

To provide for growth in girth or width.

1. Raglan or kimono sleeves.
2. Tucks, pleats or gathers at the shoulder line.
3. Large underarm or leg seams to let out as needed.

#### Self-help features

A self-help garment is one which the child can put on and take off with little or no help from others. The experience of learning how to dress himself makes the child more independent and self-confident. It helps him to develop judgement.

Some points to be remembered while selecting garments that will encourage independence in dressing are :

1. Front openings long enough to put on and take off a garment easily by a child.
2. Simple styles are easier to manipulate than complicated ones.
3. Large buttons or fasteners are easier to manage than small ones.
4. Ample arm-holes, sleeves, and necks make garments easier to get into.
5. One piece garments are easier to put on than two piece ones.
6. The front of the garment should be easily distinguishable from the back.
7. Collarless blouses, dresses and shirts are easier to handle than those with collars.
8. Avoid separate belts as these get twisted and caught in dressing.

### Construction

Seams in clothing for small children should be soft, to prevent irritation. Seams should be well finished or they will soon pull out and ravel with constant wear and washing.

The workmanship on children's clothes must be of such quality as to withstand frequent laundering and hard wear. Cheap buttons and poorly made buttonholes, poor stitching and inadequate seam allowance, snaps, hooks and buttons not

securely fastened, decoration which is difficult to iron, and poorly constructed openings are the biggest problems.

Garments should be reinforced at places of greatest wear, especially the knees of trousers and overalls, crotch and underarm seams. Edges that will receive hardest pulls and tugs should be reinforced with facings, bindings or several rows of stitching to prevent tearing. Plackets should be strong and well finished to withstand the strain and pull while putting on or taking off a garment.

Fasteners should be as flat as possible. There should be no sharp or pointed edges or long shanks on fasteners to cut or scratch the child. Hems of dresses and trousers should be firmly stitched to prevent the child catching his heel in them.

#### Ease of Care

Good design in the pre-school child's clothes provides not only for comfort, growth and self-help but also for ease of care. Much of the styling and trim featured in readymade children's clothing makes the garments difficult to wash and iron. Coloured trimmings on white garments make it impossible to use any bleach; furthermore, the colour of most trimmings has a tendency to bleed. Puffed pockets and puffed sleeves are considered very difficult to iron. Wash-and-wear garments especially those that can be laundered easily and need no ironing are most popular for pre-school child's wardrobe.