

# Why Jogging Bottoms Are Best for Early Years Children



In the early years, children learn through movement, running, climbing, crawling, and exploring. Clothing that is too tight or restrictive can limit these natural movements and even discourage active play. Jogging bottoms are ideal because they allow freedom of movement, comfort, and flexibility, supporting children's physical development. Research in early childhood education highlights the importance of gross motor skills for overall development. As one review notes:

“Clothing that is too tight, restrictive, or uncomfortable can hinder a child's ability to move freely. For instance, clothes that restrict movement may make it harder for children to practice actions like crawling, walking, or climbing, which are crucial for developing gross motor skills.”



By choosing jogging bottoms as part of their uniform, we're giving children the best start - encouraging active play, independence, and a love of learning!