

## BUILDING HEALTHY FAMILIES



### The Wonder of Winter ❄️

Winters in upstate New York can be exceptionally beautiful or especially brutal, depending upon your outlook. From a child's point of view, wintertime is its own kind of fun and learning environment.



A child's enthusiasm for snow and seasonal experiences can engage even parents in healthy activities and bring joy to the whole family! ❄️ ❄️

Making time for family fun during the long winter months can combat boredom and feelings of depression and create treasured memories.

#### Tips for Keeping Winter Weather Wonderful:

**Wear comfortable and safe clothing outdoors.**

Be sure heads, hands and necks are covered. Put an extra layer of clothing on babies and very young children, and keep them close to an adult's body heat by wearing a front or back pack. Even adults stay warmest when their ears and heads are covered.

Mittens are warmer for little hands than gloves, and gloves under mittens provides cozy protection from getting wet too soon.



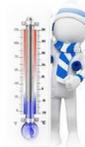
Boots should fit easily, but not loosely, over two pairs of socks for the greatest warmth and safety. Avoid using scarves with young children. ❄️



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**Plan indoor fun.** Stay inside when the temperature falls below 30°F!



Head inside if exposed skin turns bright red, pales or becomes raised.

**Avoid frustration.** Establish a year-round toileting routine before leaving the house.

Use a timer to encourage speedy dressing and garner lots of giggles.

**Offer choices often.** Let children pick between pairs of mittens.

Allow children to choose the outdoor activity.

#### Dad's Corner



See the next page for Winter Fun Ideas!



## Family Fun for a Wonderful Winter

Kids and adults alike enjoy riding sleds and creating snow people. Here are some other fun ideas to try this Winter!



For babies, fun and learning is a sensory experience.

Closely supervise and try these “ice and snow” adventures without leaving the house:

- \* Hold an ice cube or put it in a mesh infant feeder, and let your child touch and mouth.
- \* Freeze apple juice in an ice cube tray until slushy and transfer to the high chair tray.
- \* Fill a tray or tub with rice cereal. Hide clean toys or ringed cereal in the “snow.”



Describe what your baby is doing as she explores.



A toddler’s fun and learning is by imitation and discovery.

- \* Let your little one shovel, or give them a spoon and dishes to make “frosty food.”
- \* Follow animal tracks in the snow or play follow the leader to make your own tracks.
- \* Inside, tape clear contact paper sticky side up onto the table or floor. Give your child cotton balls to dab at the sticky surface and create a “snow scape.”

Preschoolers are ready for pretend play and trying out creative abilities.

- \* Give your child containers to fill with snow to make walls for an igloo or snow fort. Help them design furniture, vehicles, and animals.
- \* Fill a spray bottle with food coloring and cold water and spray on the snow for colorful ice creations. (Caution: It might stain clothing!)
- \* When it’s too cold to be outside, set up a pretend library, restaurant, or store inside and try on different roles.



Ask your Home Visitor about places to visit in our community for more Winter fun.  
Share your own ideas with Building Healthy Families!

