



Helping Hands for Families

Local Outdoor Winter Activities

What can you do this winter to get outside in Marquette County?

Sledding

Pioneer Memorial Park
316 E Pioneer Park Rd.
Westfield, WI 53949

Forest Lane Elementary
School Hill
Montello, WI

Ice Skating

Pioneer Memorial Park
316 E Pioneer Park Rd.
Westfield, WI 53949

Hiking

John Muir County Park,
located south of Montello,
WI on County Road F

Pioneer Memorial Park
316 E Pioneer Park Rd.
Westfield, WI 53949

Observatory Hill,
located South of Montello

Cross Country Skiing

Mecan River Outfitters
Montello, WI

Tips and Tricks for Boosting Your Immune System

Maintain a healthy lifestyle

This includes...

- ♥ Avoiding smoking and second hand smoke
- ♥ Eating a diet high in fruits and vegetables
- ♥ Exercising regularly to maintain a healthy weight
- ♥ Limiting alcohol consumption for adults
- ♥ Getting enough sleep
- ♥ Taking steps to avoid infection (washing hands and properly cooking meats)
- ♥ Minimizing stress where you can.

Sources: <https://www.health.harvard.edu/staying-healthy/how-to-boost-your-immune-system>
<https://www.health.harvard.edu/staying-healthy/micronutrients-have-major-impact-on-health>

Immunity Boosting Foods

Vitamin B6: Chicken, fortified cereal, bananas, potatoes (with skin!)

Vitamin C: Tomatoes, citrus fruits, sweet peppers, broccoli, kiwi

Vitamin E: Sunflower seeds and oils, almonds, peanut butter

Magnesium: Whole wheats, legumes, nuts, seeds

Zinc: Oysters, beef shank, king crab, dark turkey meat, oatmeal

Marquette County
Family Connections
Coalition

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Marquette County Health
Department
608-297-3135

Marquette Early Learning
Center & Head Start
608-296-2141 x 2217

Marquette County
UW-Extension
608-297-3141

Family Health WIC
1-920-787-5514

Marquette County
Human Services
608-297-3124

Childcaring, Inc.
1-800-628-8534

Marquette County
Economic Support
608-297-3124

Work Smart Employment
& Training Services
608-355-4808

Westfield School District
Family/School Liaison
& Guidance Program
608-296-2141

Montello School District
608-297-7617

Marquette County Family
Connections Coalition links
families to community
agencies for information,
education and support.

**MARQUETTE
COUNTY
FAMILY
ADVENTURE
DAY!**

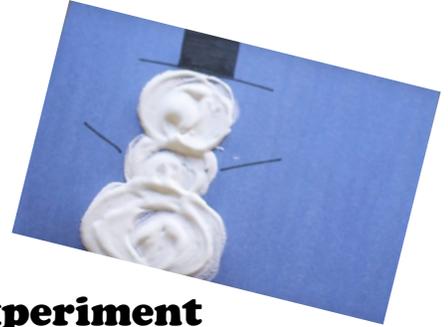
**Cancelled in
2021**

Fun Winter Crafts

Snow Paint

You'll need: school glue, shaving cream, bowl for mixing, paintbrush, and paper

1. Mix 1 part school glue with 2 parts shaving cream in the mixing bowl.
2. Dip the paintbrush into the snow paint and create your masterpiece!



Sink or Float? The Ice Block Science Experiment

You'll need: a plastic container with a lid, water, a sheet of paper, pencil/pen/markers, toys or small items like pom-poms, crayons, beads, or corks.

1. Start by having your child make predictions about what will happen to the toys when the water is frozen. ("Will the toy float and freeze on top of the water? Or will it sink and freeze on the bottom?") Write down the predictions.
2. Add the toys to the water and let the container sit for a few minutes. Your child might notice that some items, like a crayon or pom-pom, might float happily for a little while. As they absorb water, they start to sink.
3. When your child is finished observing the items floating or sinking in the water, place the lid on the container and put the whole thing in the freezer overnight.
4. When frozen, explore the results! Have your child feel the ice to notice what items are sticking out of the ice on top, then carefully pop the ice block out of the container to talk about what's frozen at the bottom.
5. Place the block of ice back into the container and let the ice melt at room temperature to "free" the toys. (Or speed up the process using hot water!)

Source: <https://www.pbs.org/parents/celebrating-winter>

Why puffy coats and car seats don't mix....

- * It might feel like the harness is snug, but in a crash the extra material will compress, making the harness too loose to be effective. Loose harness straps on a car seat means there's a greater chance that in a collision your child isn't secure.
- * Wearing a coat also makes the car seat harness more difficult to maneuver, causing the harness to get twisted.
- * Plus several layers of clothing, a heavy winter coat or snowsuit, and a padded car seat could lead to one over heated kiddo!

Solutions?

For rear-facing babies in an infant seat, once the child is snug in the harness, layering blankets over the top of the harness works well. For older, rear-facing toddlers or forward-facing children, once the child is snug in the harness you can put the coat on backward over arms and shoulders to keep them warm until the car's heater kicks in. You can even make a game out of putting on the coat backward! Also, keep a blanket in the car that can be used when the coat comes off.

Source: SafeKidsWI.org

If you have questions about car seat installation, please contact Lauren Olson with the Marquette County Health Department at 608-297-3135.

3-CAN CHILI

Ingredients:

- 1 can beans, low-sodium undrained
- 1 can corn, drained
- 1 can crushed tomatoes
- chili powder (to taste)

Heat everything together in a pan and serve!

Source: ChooseMyPlate.gov

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FOOD WISE
UW-MADISON EXTENSION