



# Helping Hands for Families - Winter

## Playing in a Winter Wonderland

### Fun PLUS!

**Escape indoor germs:** We get sick in the winter when we are indoors a lot with each other's germs.

**Exercise:** Dragging sleds, rolling snowballs, building snow forts, and other fun winter activities are a great way to exercise.

**Vitamin D:** We get vitamin D from sunlight. It boosts our mood and immune system, builds strong bones/teeth, helps keep a healthy weight, benefits our hearts and lungs, and more!

**Creativity:** There's "snow" many different ways to play and create things in the snow! Outdoor fun lets your creativity out to play!



### Bundle up for Winter Fun!



**Layers:** Three (3) layers help keep the body warm. First, put on a tight base layer that wicks away sweat so clingy moisture doesn't make you cold. These can be made from polyester, rayon, nylon or even lightweight cotton that have tiny gaps for moisture to escape. Second, a middle down or fleece layer. Third, an outer waterproof layer for both tops and bottoms.

**Gloves/Mittens:** Mittens are the warmest because your fingers keep each other warm, but gloves allow for more movement. Gloves and mittens should be insulated and waterproof.

**Hat:** Make sure your hat is warm and covers ears and the top of the head.

**Snow pants:** Shoot for snow pants that are insulated and waterproof. The ones with suspenders don't fall down during play. Some have an inner layer that tucks into snow boots to help keep snow out.

**Boots:** Insulated and waterproof is best. Make sure they are not too big in the calves or snow can sneak in!

**Avoid cotton:** Cotton gets wet and cold. Choose wool or fleece when you can.

### Outdoor Activity Ideas

- ❄ Blow bubbles—they last longer in the cold!
- ❄ Glow snow! When it gets dark out, cover some glow sticks in the snow, or add them to snow sculptures and watch the snow glow.
- ❄ Snowball target practice. Put up a target and hit the bullseye!
- ❄ Snow coloring (Water + Food Coloring + Spray Bottle = Endless fun)
- ❄ Tic-tac-snow! Use sticks, rocks, pinecones, whatever you can find to set up tic-tac-toe in the snow!
- ❄ Look at snowflakes under a magnifying glass.

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Image by ELLE EITNER from Pixabay

Marquette County  
Family Connections  
Coalition

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Family Health WIC  
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Marquette County  
Human Services  
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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,

**Save the Date!**  
**April 25, 2020**  
Marquette County  
**FAMILY  
ADVENTURE  
DAY!**

## Winter Fun (continued)

- ❄ Sledding, skating, skiing, snowboarding, or snowshoeing. Look for used equipment at Goodwill,
- ❄ Snow sculptures, snow angels, snow forts, snow people!

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## Raising a Reader

Preschoolers are able to tell stories, have a conversation, and begin to scribble their name. However, some children may not be having the early learning experiences they need to become successful readers. Home activities will increase early reading and writing skills.



Of these activities, reading aloud is the most important. Little 5-minute reading times turn into 30 minutes before you know it. Use activities and play that are interesting to your child. For example, are they into matchbook cars? Then, try reading the automobile sale ads together. Don't worry if your child becomes distracted when you are reading, or if you don't get through a book. Follow the child's lead—encourage, but don't push.

Experiment with different types of reading materials to see what interests your child. The process of learning to read involves many different complex skills. Preschoolers learn best when they are doing something that is important and fun to them.

Excerpted and adapted from *Reading Readiness, Parenting the Preschooler*, University of Wisconsin-Madison, Division of Extension, [fyi.uwex.edu/parentingthepreschooler/](http://fyi.uwex.edu/parentingthepreschooler/)

## Wash Your Hands Often to Stay Healthy

Handwashing is one of the best ways to protect yourself and your family from getting sick. Learn when and how you should wash your hands to stay healthy.

### When to Wash Your Hands?

- ♥ Before, during, and after preparing food
- ♥ Before eating food
- ♥ Before and after caring for someone at home who is sick with vomiting or diarrhea
- ♥ Before and after treating a cut or wound
- ♥ After using the toilet
- ♥ After changing diapers or cleaning up a child who has used the toilet.
- ♥ After blowing your nose, coughing, or sneezing
- ♥ After touching an animal, animal feed, or animal waste
- ♥ After handling pet food or pet treats
- ♥ After touching garbage

Source: Centers for Disease Control and Prevention



## Very Berry Blast! Shake it up and drink it down! Serves 3



### Ingredients:

- 1 cup milk
- 1 container (8-ounces) boysenberry or other berry yogurt
- 1 cup apple juice

One jar or container with a tight fitting lid.  
Pour milk into jar. Add yogurt and apple juice.  
Cover jar tightly and shake until all ingredients are smooth.

Helpful Hints: Keep the apple juice in the fridge until time to make this berry drink. It tastes best really cold. Make sure the lid is tight on the jar or container before you shake it up!

If you have extra, try freezing some in small cups to enjoy later - it tastes like a frozen shake.

Adapted from: [www.kidsacookin.ksu.edu](http://www.kidsacookin.ksu.edu)