

Winter outdoor fun



Here comes winter in all its splendour, filled with white fluffy snow, amazing snow covered vistas, sub zero temperatures, cars that don't start, fingers that freeze, wearing hats, getting hat head, shovelling the latest 10 cm of snow, winter driving conditions, and much more. Oh the joys of winter in Canada!

We may not be able to change Ottawa's winter climate, however we can change our attitude towards how we approach these dark dreary months.

Getting toddlers dressed in all their winter gear often presents power struggles, tears and frustrations for both children and parents alike.

Here are some helpful tips to winter dressing:

Start with a time slot that will not leave you rushed or late for a predetermined appointment.

Put all the outdoor clothes on the floor and then both sit on the floor so that you can model correct assembly.

Begin with the snow pants; modelling yourself... the leg goes in this hole etc.

Provide choices where appropriate, such as choosing between pairs of mittens or different coloured hats.

Have some clothes available for pretend play.

Sing a song to make getting dressed easier. This is the way we put on our snow pants, put on our snow pants, put on our snow pants. This is the way we put on our snow pants all on a snowy day, and continue with next clothing item This is the way we put on our boots, put on our boots, put on our boots. This is the way we put on our boots all on a snowy/ rainy morning.

The mitten song:

Thumbs in the thumb-place, Fingers all together! This is the song we sing in mitten-weather.

When it is cold, it doesn't matter whether, mittens are wool, or made of finest leather.

This is the song we sing in mitten-weather: Thumbs in the thumb-place, fingers all together!

by Marie Louise Allen

Read: *The Mitten Book* by Jan Brett

“When Nicki drops his white mitten in the snow, he goes on without realizing that it is missing. One by one, woodland animals find the mitten and crawl in; first a curious mole, then a rabbit, a badger and others, each one larger than the last. Finally, a big brown bear is followed in by a tiny brown mouse, and what happens next makes a wonderfully funny climax.”

***Thomas's Snowsuit* by Robert Munsch**

This story gives a comical look at the struggles of putting on winter wear.

Consider the following outdoor activity:

- Go on a nature hike to look for pine cones and make a bird feeder.
- Spread peanut butter or shortening between the scales of the pine cone. Roll the cone in birdseed and hang it outside by a window where the children can see the birds feeding off it.
- Make Snow Castles using buckets or plastic containers from around the house.

Websites of Interest:

- <http://www.parentresource.on.ca/>
- <http://www.canadianparents.com/>
- <http://www.kidscanhavefun.ca/>
- <http://www.frugalfunottawa.ca/>

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