

### If March comes in like a lion does it go out like a lamb?



March break is fast approaching and many parents and caregivers search for fun and inexpensive activities for their children. Winter brings many enjoyable inexpensive outdoor activities such as: tobogganing, snowman building, snow painting, skating, an outdoor picnic, nature walk, skiing, snowboarding, building an igloo, and making snow angels. But what do you do if it is just too cold to go out?

Beat the winter blues by sharing some quality time with your child. Turn a regular activity into a shared special time. For example, if your child always watches a favourite TV show, why not sit together comfortably with pillows, blankets and share a special snack together. Plan it early in the day so that you and your child can look forward to this quality time. Whether you read, cook, dress-up or watch a video together, this special time you share shows your child how much you value her.

Play dates allow you and your child to break the winter's isolation, also allowing your child opportunities to interact with other children, learn different skills such as sharing, and problem solving.

Plan an indoor "Teddy Bears' Picnic". Gather some stuffed bears or other stuffed toys, blankets and have them join you in your circle with either snack or lunch items.

- Read a story from the Robert Munsch library. Get the book from the library and listen to Robert tell the story himself, on-line at [www.robertmunsch.com/storytime](http://www.robertmunsch.com/storytime).
- [www.wumpasworld.com](http://www.wumpasworld.com) Allow your toddler some computer time. This web site is easy to manipulate with a Canadian winter experience.

Learn something new together – how to knit, take a yoga class, make fudge, or have your youngster teach you the latest dance moves or the latest video game.

March break arrives and you find yourself with many children to entertain. What now?

Why not have a fun-filled week of imaginary play? Through imaginary play, children of all ages can enjoy family time without being in front of the television or some other electronic device.

Imaginary play is a great activity that can be repeated many times. Little Red Riding Hood, Goldilocks and the Three Bears, The Cat in the Hat, The Mitten, and Thomas' Snow Suit are several stories to re-enact. Dramatic play contributes to a child's development of vocabulary, language and pre-reading skills. It also builds social skills, problemsolving skills, creativity, spontaneity, and teaches self-awareness. Encourage your children to discover the world around them, to experience success and, in turn, increase their self esteem.

**Visit these websites and explore what they have to offer. "Bookmark" them for future reference.**

- Frugal Fun Ottawa is a site that lists free or frugal events (\$10 or under) and activities happening in the National Capital Region [www.frugalfunottawa.ca](http://www.frugalfunottawa.ca)
- Families with a purpose is a site that offers tips and resources for busy families [www.familieswithpurpose.com](http://www.familieswithpurpose.com)
- Disney Family Fun site offers craft ideas, recipes, colouring pages [www.familyfun.go.com](http://www.familyfun.go.com)
- Family Education Centre [fun.familyeducation.com](http://fun.familyeducation.com)
- Consider a March break camp for your children.

Visit a Museum:

- Canada Science and Technology Museum [www.sciencetech.technomuses.ca](http://www.sciencetech.technomuses.ca)
- Canada Aviation Museum [www.aviation.technomuses.ca](http://www.aviation.technomuses.ca)
- Canada War Museum [www.warmuseum.ca](http://www.warmuseum.ca)
- Canadian Museum of Civilization [www.civilization.ca](http://www.civilization.ca)

- Canadian Museum of Nature [www.nature.ca](http://www.nature.ca)
- Canada Agricultural Museum [www.agriculture.technomuses.ca](http://www.agriculture.technomuses.ca)
- The Bytown Museum [www.bytownmuseum.com](http://www.bytownmuseum.com)
- National Gallery of Canada [www.gallery.ca](http://www.gallery.ca)

Have a super March and a creative fun-filled March break.

*If you are looking for any further information, contact the Parent Resource Centre 613-565-2467 x 222 or visit our website at [www.parentresource.on.ca](http://www.parentresource.on.ca)*

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