



# PARENT CONNECTION

## 10 Tips for Keeping Children Safe in Winter

After a large snowstorm or blizzard, most children beg to go outside and build a snowman or go sledding. But low temps can lead to dangerous conditions for kids – and injuries too. These tips from our emergency response experts can ensure that kids stay safe and warm when temperatures drop.

### Here are 10 Tips to Protect Children in Cold Weather:

1. Layer up! Bitter cold and snow can cause frostbite. Dress your child in several layers, and make sure their head, neck and hands are covered. Dress babies and young children in one more layer than an adult would wear.
2. Play it safe. Even when roads are closed to traffic, it's not safe to play or sled in the street. Visibility may be limited due to snow banks and ice on the roads makes braking difficult.
3. Beware of clothing hazards. Scarves and hood strings can strangle smaller children so use other clothing to keep them warm.
4. Check in on warmth. Before kids head outside, tell them to come inside if they get wet or if they're cold. Then keep watching them and checking in. They may want to continue playing outside even if they are wet or cold.
5. Use sunscreen. Children and adults can still get sunburned in the winter. Sun can reflect off the snow, so apply sunscreen to exposed areas.
6. Use caution around fires. Wood-burning stoves, fireplaces and outdoor fire-pits are cozy but can present danger – especially to small children. Use caution and put up protective gates when possible. If you've lost power or heat and are alternative heating methods like kerosene or electric heaters, be sure smoke detectors and carbon monoxide detectors are working.
7. Get trained and equipped. Children should wear helmets when snowboarding, skiing, sledding or playing ice hockey. And to avoid injuries, teach children how to do the activity safely.
8. Prevent nosebleeds. If your child suffers from minor winter nosebleeds, use a cold-air humidifier in their room. Saline nose drops can help keep their nose moist.
9. Keep them hydrated. In drier winter air kids lose more water through their breath. Offer plenty of water, and try giving them warm drinks and soup for extra appeal.
10. Watch for danger signs. Signs of frostbite are pale, grey or blistered skin on the fingers, ears, nose, and toes. If you think your child has frostbite bring the child indoors and put the affected area in warm (not hot) water. Signs of hypothermia are shivering, slurred speech, and unusual clumsiness. If you think your child has hypothermia call 9-1-1 immediately.

## WINTER VOLUME 2019 ISSUE 1

### SHIVERY SNOW PAINT

**You will need** • Shaving cream, white school glue, peppermint extract, and iridescent glitter.

**First Steps** • Begin by popping the glue into the refrigerator. We left ours there overnight and then made our paint the next morning. We left our glue out on the counter for about ten minutes just to get it flowing before we made our paint.

**Making the Paint** • Mix roughly equal parts of chilled glue and shaving cream in a bowl.

Sprinkle in glitter. Add a few drops of peppermint extract and mix, then finish the paint off with more glitter.



### *Snowmen all Year*

By Caralyn Buehner

### *Winter*

By Gerda Muller

### *Flannel Kisses*

By Linda Crotta Brennan

### *Squirrels New Year's Resolution*

By Pat Miller

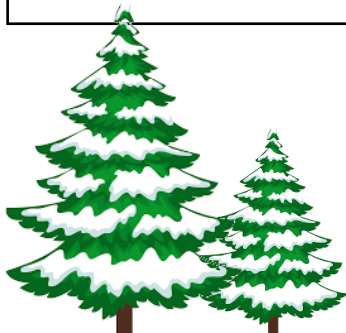
### *The Night before New Year's*

By Natasha Wing

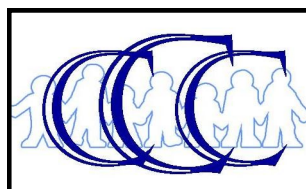
### *Happy New Year Everywhere!*

By Arlene Erlbach

WINTER READING



## CHILD CARE CONNECTIONS



39 John St, PO Box 3516 · Kingston

(845) 331-7080

cccouncil@familyofwoodstockinc.org

[WWW.CCCONNECTIONSNY.ORG](http://WWW.CCCONNECTIONSNY.ORG)

160 Fairview Ave, Suite 914 FL 2 · Hudson

(518) 822-1944

ccccg@familyofwoodstockinc.org