



# NC SEEDLING

## Indoor Tips for Keeping Winter Fun



Study to  
Explore  
Early  
Development

North Carolina  
**SEED**

UNC-CH, Department  
of Epidemiology

Winter 2013

[www.NCSEED.org](http://www.NCSEED.org)

### NOTES

- SEED has enrolled nearly 400 families
- Nearly 100 have done the main study activities. If you are one of those, THANKS!

Bikes are put away, jungle gyms are buried in snow, and beach vacations are long forgotten. But winter doesn't have to be any less fun for families!

### What to do when the family is stuck indoors?

- Prepare yummy treats
- Design an indoor scavenger hunt or obstacle course
- Get a foreign language lesson from the library and learn the basics together
- Gather the family for a dance contest. Spice it up by drawing instruction cards (e.g., silly dance, arm only dance, animal dance)
- Play board games

### Arts and Crafts:

- Make and decorate paper snowflakes to hang on the windows
- Got snow? Prepare spray bottles with water and food coloring and tie-die the yard
- Create pinecone bird feeders to attract, feed, and watch winter birds. Cover a pinecone with peanut butter and birdseed and hang it outside a window.
- Print craft ideas and educational worksheets from the web (try: [www.education.com/worksheets](http://www.education.com/worksheets); [www.kaboose.com](http://www.kaboose.com); [www.kids.nationalgeographic.com/kids](http://www.kids.nationalgeographic.com/kids); [www.toddler toddler.com](http://www.toddler toddler.com))

### Keeping safe if the fun moves outside

- Bundle up (Important: make sure the head, hands, and feet are dry and warm).
- Keep hydrated (skin too)—dry winter air inside and out, tends to dry us out.
- Don't forget sunscreen on exposed skin—the winter sun can be quite strong.
- Beware of hot liquids! Children should be supervised when preparing or drinking hot cocoa or apple cider.



## Tips for Handling Misbehavior

More indoor time during the winter months may increase unwanted behavior. Here are some strategies that are consistent with a positive discipline approach:

Ignore behaviors that are not dangerous to others (e.g., whining, arguing, mild

tantrums, motor behaviors). Redirect your child's attention to a better activity. Remove privileges by taking away favorite activities or objects for a short time.

Time-out is used for behaviors that cannot be ignored (e.g., hitting, biting, big tantrums).

Time-out removes a child from a situation that is reinforcing his behavior by removing positive reinforcement (attention, activities, interaction) and giving the child (and parent) time to calm down. A good rule of thumb is to put a child in time-out for the same number of minutes as their developmental age.

