NC SEEDLING

SNOW MUCH FUN!

Study to Explore Early Development

North Carolina SEED

We've all been there… running outside at the first glimpse of a snow-flake, impatiently waiting for there to be enough snow to make a snowman or have a snowball fight. Who doesn't love to play outside in the snow?!

It's important for kids to have fun, but we have to remember to keep them safe too. One of the best ways to keep your child safe during the cold winter months is to dress them in layers to keep them warm and dry. A good rule of thumb for young children is to dress them in one more layer of clothing than an adult would wear in the same conditions:

- First layer: Thermal underwear, sock liners, wool socks, glove liners

- Second layer: Turtleneck, sweater, or a vest, plus sweatpants or ski pants

- Third layer: Water-resistant jacket, hat, mittens, and waterproof boots with gripping soles. Instead of a scarf, try a neck gaiter. A scarf can get caught on objects, posing a strangulation hazard.

Remember to remove your child's coat before placing them in the car seat. In case of an accident, extra inches between the harness and your child could cause them to slip out of the car seat straps. Once your child is in their seat, place the coat over them like a blanket to stay warm.

Source: www.parents.com

NOTES

- SEED has just started enrolling families
- Study progress will be reported in these newsletters as we get going!

ABCDEFGHIJKLMNOPQRSTUVWXYZ

Just because schools are on a break doesn't mean your kids have to take a break from learning! Here are some fun tips on spending quality time with your child while helping them with their writing skills:

* Write in a variety of materials (finger paint, shaving cream, sand, cornmeal)

* "Sky Write" (Keeping the arm straight, make letters in the air)

* Practice writing with your eyes closed

* Have your child write a letter on the back of your hand or on your back and try to guess what it is. Try the same with them.