



# Winter Wonderland

Almost every activity parents do with their young child (dressing, toileting, mealtime, car rides) can have a positive effect on development. Here are three common activities and how they can create a Winter Wonderland for supporting your child's development.

## Looking at Books

Snuggle up with your child (social/emotional development), a warm blanket, and your child's favorite book. Let your child turn the pages (motor), label the pictures and talk about what you see (communication), act out what is happening in the story (motor), make silly sounds and faces (communication), and wonder together about what else could happen (thinking). Reading the story isn't always most important, it's the together time that really counts (social/emotional).

## Bundling up to Go Outside

Going out when it's cold requires putting on more clothes. Label the parts of the body as you put hats on heads, boots on feet, and mittens on hands (communication). Let your child help put on their coat in whatever way they can (self-help, motor). Be silly and put clothes on the wrong body part, wonder aloud what would happen, and let your child correct you (thinking, communication, social emotional).

## Making a Warm Drink

Let your child help make a warm drink (social/emotional). Give your child choices of what to make (communication, thinking). Ask your child to help decide what ingredients you need (communication, thinking). Have your child help add ingredients, stir, and pour (motor). Praise your child for being a good helper (social/emotional). Count the marshmallows to put in the hot chocolate or sips they take of the warm milk (communication, thinking). Tell your child how much you enjoyed making the drink together (social/emotional).