

Comfort, Play & Teach: A Positive Approach to Parenting™ Tip Sheet

Indoor Activities for Winter

While winter brings its share of enjoyable outdoor activities, sometimes it is just too cold, and the daylight hours are too short to spend much time out of the house. But you can beat the winter blues with Comfort, Play & Teach: A Positive Approach to Parenting™.




COMFORT

- ♥ Turn a regular activity into a shared ritual. For example, if your child sometimes watches a favourite TV show or video after dinner, sit together comfortably with pillows, blankets, and some popcorn. Plan it early in the day and decide what you will watch together so that you and your child look forward to this quality time.
- ♥ Take out your pictures and souvenirs from previous outings to make photo albums or scrapbooks together. Looking back on the fun things you have done together will make your child feel like a loved and valued member of the family.



PLAY

- ★ Play dates allow you and your child to break the isolation that can set in during the winter months. It also gives your child opportunities to interact with other children and learn skills such as sharing, solving problems collaboratively and cooperating.
- ★ Write a song and sing it. Invent a story and act it out. Creating something together that builds upon your shared experiences nurtures a close relationship. A big benefit of this type of activity is that it allows your child's imagination to shine.



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TEACH

- ▲ Board games are a fun way to spend time as a family and they teach your child the fundamental numeracy skills that s/he needs for school. The principles of addition and subtraction as well as numerical sequencing is practiced when your child moves a game piece backwards and forwards on the board while counting out loud.
- ▲ Encourage a positive attitude towards learning and discovery by visiting a museum. Museums have exhibits and activities geared towards children. As you explore together, share your impressions and ask questions to stimulate your child's curiosity, e.g., "I wonder how that happened? Where do you suppose the scientists found that?"

For more Comfort, Play & Teach™ tips, visit www.investinkids.ca