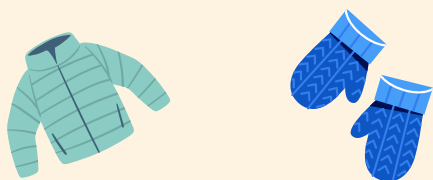




Active Play in Cold Weather

Benefits of Outdoor Play for Children

- Boosts immunity
- Exposure to fresh air
- Vitamin D
- Strengthens mental wellbeing
- Improves vision
- Increases amounts of active play



Dressing for the Weather

You may have heard the saying, “there is not bad weather, only poor clothing choices.” Clothing choices can make the difference between unpleasant and wonderful outdoor experiences for both adults and children.

- Make sure children stay dry and keep moving to stay warm.
- Thin layers are most effective for keeping us warm.
- Below 32°F, a hat that covers the ears, gloves or mittens, and a wind and water resistant coat keep us comfortable.
- Boots and snow pants allow for longer periods of outdoor play.



Cold weather does not mean the end of family fun outside!

- Help kids learn to enjoy being active outdoors on the gray, cold days of winter.
- Continue with your child's favorite outdoor activities.
- Visit local playgrounds.
- Take a walk and explore the winter world.
- Sled play or build a snow castle.
- Bubble play - Bubbles freeze at about 12°F.



Did you know? Colds are caused by viruses, not from cold temperatures

Viruses are more common in winter because cold temperatures keep people indoors in close quarters, allowing viruses to spread through the air more easily. Getting outdoors gives us fresh air!