# Family Newsletter



## Winter in the Woods

This month, your child will experience the beauty of the forest as he learns about the animals that run, play or hibernate in the winter woods. He will build a bear den, decorate a snowman, knit mittens, create a cozy fireplace and make a hearty breakfast. This winter in the woods is full of fun and surprises.





# Share traditions and make memories.

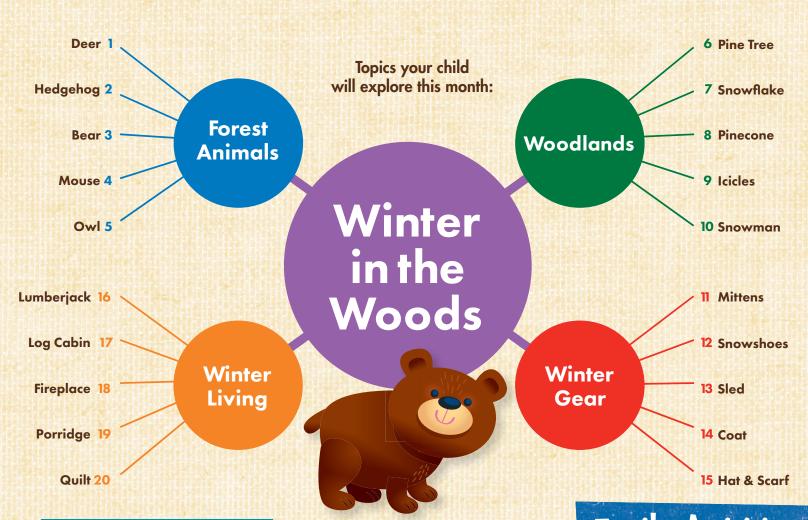
Traditions are more than just holidays. Traditions can also be simple routine happenings that occur on a regular basis. Bedtime, bathtime, dinnertime, or storytime routines are traditions. Traditions can occur weekly, such as Sunday dinners, Monday night football, or Friday game nights. They can also occur monthly as a family outing or even an annual family event.

Research has shown that traditions can be instrumental in creating strong family dynamics and also support the child's social and emotional development. Identify and commit to your unique family traditions.

#### A few tips to help you get started:

- Start Simple. Look for easy, everyday traditions: a bedtime hug or storytime after dinner.
- **Create a name.** Name your routines to help children and family members identify them: It's hug and snug time, Family Fun Friday, etc.
- Celebrate the people, not just the tradition. Remind children that what makes the tradition special are the people who share it. It doesn't matter what you do. What matters is who is with you.

Traditions are a great way to bond with your family. Spending time routinely with your family is truly a beautiful gift.



RECOMMENDED READS

# Cudale Up WITH A GOOD BOOK

Footprints in the Snow by Cynthia Benjamin

**The Jolly Christmas Postman** by Janet & Allan Ahlberg

**The Biggest Snowman Ever** by Steven Kroll

**The Winter Solstice** by Ellen Jackson

While the Bear Sleeps by Caitlin Matthews

**The First Day of Winter** by Denise Fleming



#### Snowman

(Sing to the tune of "Tm a Little Teapot") Extra fun: Fill a spray bottle with water and squirt at toys in the sink or bathtub as you sing the song together.

I'm a little snow pal,
Round and fat.
Here are my broomsticks,
Scarf and my hat.
When it gets warm out, I melt away.
Build me again another day!

## Family Activities

### **Head Outdoors**

Parents know the struggle of having children cooped up inside when the weather is cold. It can be challenging to find the motivation to go outside.

A scavenger hunt is a fun, simple activity that's perfect for your family any time of year. Take a walk in search of winter's natural beauty and you'll find lots of things that are unique to the season.

