

Parents- Being "Good Enough" Right Now is OK

Do what you can, be calm as much as you can, and apologize when you can't. Kids love time with their parents. Here are some ways to help you and your kids feel and cope:

- Keep familiar routines
 - Having a daily schedule helps with predictability and self-regulation
- Focus on parent self-care
 - Even if just for a few minutes each day
 - Kids really like to help. Teach them now even if it takes time.
- Stay physically active as a family
 - Listen to a kid-friendly podcast during a family walk
 - Put on some music and dance in your living room
- Make learning engaging and interactive
 - Minimize distractions
 - Focus on quality, not quantity
- Meditation and focused breathing
 - Feeling crafty? Make your own snowglobe then: 1) shake up a snowglobe, 2) explain this is what a busy mind looks like, 3) tell them you need their help and 4) watch the snow fall together. 5) Ask if doing this helps us feel better.
- Read, Listen and Write
 - While you read to your child, pause and ask them what they think is going to happen next or how they think a character feels.

Read more at <https://tinyurl.com/y7g7oo64> and make a homemade snow globe: <https://tinyurl.com/y45lh87q>



"Happiness isn't earned, it is free for the taking for each and every one of us. Look around you and notice the good that is already there."
Stacie Bloomfield

Gratitude Go-To's

Research shows practicing gratitude has significant health benefits, including stress reduction, optimism and heart health.

The Minneapolis Heart Institute Foundation has a website full of ways about Going Grateful, including:

- Video and Podcast Inspiration
- Guided Meditation for Gratitude
- Books on Gratitude
- Gratitude Activities

Check it out here:

<https://tinyurl.com/y8ufsrmm>

The 25 Best Podcasts for Kids:

<https://tinyurl.com/tr52vdb>

Audio for Children's Books:

<https://tinyurl.com/y6ats5ud>



Vehicle Safety



Does Your Vehicle Have a Recall?

- 1) Find your VIN--look for the 17 character VIN on the lower, driver's side corner of the windshield or on your insurance card.
- 2) Go to www.nhtsa.gov/recalls and enter your VIN. If nothing comes up, great! If any open recalls are listed, move to step 3.
- 3) Call your local dealership. Schedule an appointment. Recall repair work is completed at no cost to you.

Puffy coats and snowsuits are great at keeping kids warm in winter months, but remember to take them off of your child before securing them in their car seat. In the event of a crash, the bulky material will compress and make the harness straps too loose on your child. When harness straps are too loose, they aren't doing their job of helping your child stay safe!



This shows how much extra room there is beneath the straps after his winter jacket was removed.

Per MN law, children must be in a child restraint until they are 4 feet 9 inches tall or at least age 8, whichever comes first.



Pinching=too loose

No pinching=tight enough

Did you register your child's car seat?

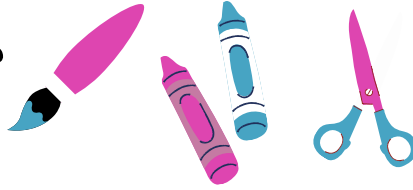
All child safety seats come with a registration card. In the event of a recall, seat manufacturers are required to notify all registered owners that their seat is included in the recall.

Send in the card that came with your car seat, contact your seat manufacturer, or fill out the registration form found on: <https://tinyurl.com/ya6mz9nj>

Don't forget to update the manufacturer if your address or contact information changes!

Keep your child rear-facing as long as possible. Your child should remain in a rear-facing car seat until he or she reaches the top height or weight limited allowed by your car seat.

Craft Corner



Colored Shaving Cream Sensory Bag



<https://tinyurl.com/y9wkgyrf>

Supplies: Shaving Cream, Food Coloring, Ziplock bag, Duct Tape (to seal the bag)

Melted Snowman



<https://tinyurl.com/yado265s>

Supplies: Construction Paper, Paint, Paintbrush, Marker, Glue

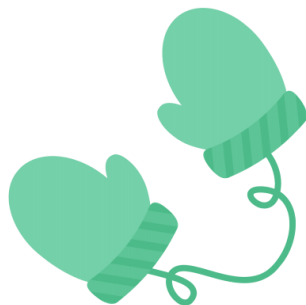
Winter Songs

<https://teachingmama.org/winter-songs-for-preschoolers/>

The Mittens on My Hands

Tune: Wheels on the Bus

The mittens on my hands,
Keep me warm,
Keep me warm,
Keep me warm,
The mittens on my hands,
Keep me warm,
All winter long!



I'm a Little Snowman

Tune: I'm a Little Teapot

I'm a little snowman short and fat.
Here are my buttons, here is my hat.
When the sun comes out, I can't play.
I just slowly melt away!

Snowball

Tune: Are You Sleeping?

Make a snowball, make a snowball. (Pretend to make a snowball)
Throw it now, throw it now. (Use throwing motion)
Make a snowball, make a snowball. (Pretend to make a snowball)
Throw it now, throw it now. (Use throwing motion)

Snowkey Pokey

Tune: Hokey Pokey

You put your right mitten in, you take your right mitten out,
You put your right mitten in and you shake it all about.
You do the Snowkey Pokey and you turn yourself around.
That's what it's all about.

Additional verses:
You put your left mitten in
You put your scarf in
You put your right boot in
You put your left boot in
You put your hat in



Give Kids a **SMILE**



FREE DENTAL CARE FOR KIDS IN NEED

Because every child's smile should be the picture of health, dentists and dental professionals volunteer in select clinics throughout the state to provide free care to low-income children in need. This special program, called Give Kids a Smile, is available on the first Friday and Saturday of February. After January 1, parents can find local participating clinics by visiting mndental.org or by calling United Way 2-1-1 or 1-800-543-7709.

Please note: Every child must be accompanied by a parent or legal guardian and must have an appointment in advance. Sorry, walk-in care is not available.

