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Escaping the Winter Blues with Outdoor Play: 4 Tips

For families with young children, winter can often be the toughest season of the year because cold temperatures and shortened days can leave your child with a bad case of the winter blues.

There is one simple, easy way to chase away the blues: outdoor play.



According to the Centers for Disease Control and Prevention (CDC), children need at least 60 minutes of physical play every day - even in the winter time.

Here are 4 top tips for healthy winter play:

- Dress the children in layers, so they can shed one if they get too hot. Hats and gloves or mittens are a must.
- Have drinking water available and keep children hydrated.
- After play, change the children into dry clothing.
- Make sure clothes and shoes are dry before children go out to play again.

For fun winter activities to do together, visit the Parents and Families section at ARBetterBeginnings.com and view [5 Great Activities for a Wonderful Winter](#) in the Family Resource Library.

New Curriculum Available for Providers and Teachers

Providers and Teachers: Better Beginnings has updated curriculum and supplements on our website for you. Click the links below to find free resources that you can use in your classroom.



[Adventures in Learning](#)



[Adventures for Toddlers](#)



[Connecting with Infants](#)



[Connecting Literature and Math](#)



[Story-A-Month](#)

How to Make Musical Instruments from Everyday Materials



Did you know that materials found around your home can make musical instruments for your child? Follow these steps to make a box guitar:

Step 1: Decorate a shoe or tissue box

Step 2: Cut a 3-4 inch square or circle hole in side

Step 3: Wrap 4-6 rubber bands around the box over the hole

Step 4: Insert a pencil at each end of the hole under the rubber bands

Step 5: Strum away

To learn how to make a tube kazoo and tube rain stick, [click here](#) to download and view the *Let's Make Music* resource page on the Better Beginnings website.

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