

Brrrrr! Many people are starting to feel the winter weather creeping up on them. We all do our best to avoid the cold, but sometimes going outdoors in frigid temperatures is unavoidable. And going out into the cold, snow, and wind with a young child can add an extra layer of challenge.

Parents and caregivers will have to do a little more planning to make sure little ones are safe and warm. While very young babies should avoid extreme temperatures whenever possible, if your child is over 6 months old, small periods of being outdoors should be alright. Use these tips to help ensure they are comfortable during your outdoor adventures!

Car Seats

- **Don't Wear Jackets in Car Seats** – Bulky clothing including jackets and snowsuits should not be worn underneath the safety harness. Instead, add a blanket *over* the harness for extra warmth. To avoid extra layers you can carry baby in a blanket to the car. Older kids could put their coats on backwards (on the front of their bodies) when going a short distance, like from the house to the car, to easily be able to pull off their coat once they get into the car.
- **Keep the Carrier Indoors** – **If possible, keep the removable carrier aspect of the car seat indoors so it's not cold when you first put baby in the car.**

Dress Warmly

- **Wear Layers** – Don't forget what a big difference the wind chill can make! A general rule from the American Academy of Pediatrics (AAP) is infants should wear one more layer than adults are wearing. Layering is helpful in case you notice your kids are too hot and actually sweating once they are outside.
- **Keep Winter Accessories Handy** – **Keep extra hats, gloves, mittens, and socks in the car and stroller. If these items get wet in the snow or slush, change them right away. Cold clothing can make your little ones even colder!**

Protect Baby's Skin

- **Being Outdoors Can Dry Up Baby's Skin** – Once back inside be sure to use plenty of baby-safe lotion.
- **Be Sure to Cover Up Fingers, Toes, and Ears** – These places are likely to get cold the quickest. Hats are essential for keeping baby warm!

Retrieved from [3 Tips to Help Baby Brave the Cold | Pathways.org](https://www.pathways.org/3-tips-to-help-baby-brave-the-cold/)



What is diversity and inclusion?

Diversity is the range of human differences, including but not limited to race, ethnicity, gender identity, sexual orientation, class, physical or mental ability and attributes, religious or ethical values system, national origin, immigration status, language, learning styles and family structure.

Inclusion is involvement and empowerment, where the inherent worth and dignity of all people are recognized. An inclusive classroom promotes and nurtures a sense of belonging; it values and practices respect for the talents, beliefs, backgrounds and ways of living of its students.

Why diversity and inclusion matter

Talking openly and positively about differences can help children better understand themselves and those around them. Embracing diversity and inclusion empowers kids to engage their world with curiosity, confidence and kindness. Diversity and inclusion helps children learn to empathize with people who are different from them. Diversity and inclusion make all kids better learners, allowing them to understand various subjects from multiple points of view.

Ways to promote diversity and inclusion at home

The best way for kids to learn about diversity and inclusion is to see it modeled by trusted adults. Parents can take active steps to make sure their child is immersed in communities and opportunities that embrace and celebrate differences.

Retrieved from [How to promote diversity and inclusion in your child's life | Children's Mercy Kansas City \(childrensmercy.org\)](https://www.childrensmercy.org/parents/parenting/parenting-tips/how-to-promote-diversity-and-inclusion-in-your-childs-life)

*“Be who you are
and say what you
feel, because
those who mind
don’t matter and
those who matter
don’t mind.” – Dr.
Seuss*



Living Apart, Parenting Together: Collaborating with Your Coparent

First, the good news: Children are very adaptable. They learn quickly that different settings and different people have different expectations, and they respond accordingly. For example, many parents are amazed by the things their child may be doing at child care or for another caregiver that you are still doing for them at home! Well, the same goes for living in two separate homes with different sets of rules: children will adapt to the expectations in each setting.

Yes, it is ideal for separated parents to agree on a basic approach to raising children, as children tend to adapt more easily when there is consistency in rules from one setting to another. But when there are disagreements - not uncommon for parents living together or separately - here are a few things that can help you find harmony even when you aren't on the exact same page.

Accept that you cannot control the other parent. The only person you have control over is yourself. Focus on what you can do to tune in to and nurture your child's unique needs. Trying to make your coparent do it your way is rarely an effective strategy.

Agree that nurturing your child's healthiest development is the shared goal - this is the strongest point for decision making. Your focus should be about what your child needs and how to best meet those needs. If that is your focus, it is easier to resist using the conflicts around child-rearing.

If you can't agree on basic expectations and approaches to discipline, matter-of-factly acknowledge to your child that there are differences between your homes - without throwing the other parent under the bus. Blaming your coparent causes more distress for children who are trying to navigate through an already complex situation. You can use phrases such as: "That's right, Mommy and I have different rules in our houses. Mommy's rule is you can eat in front of the TV; Daddy's rule is no TV during mealtime. I know you like Mommy's rule better because you like TV. But we'll tell stories instead at our meals." Once children see that you are sticking to your limit, they will adapt.

Plan regular times to communicate about what each of you is seeing, experiencing, and learning about your child. If possible, calmly share what these observations are telling you about what your child needs to cope and thrive. By working together to address needs, your child will feel more secure at both of their homes.

Kids don't grow up in perfect worlds, nor do they need to. What children do need are parents who, whether living together or not, demonstrate respect for each other, communicate calmly and without anger, and who make their child's needs the central focus of their decision-making.

If you need help doing this, you are not alone. Remember, any steps you take to thoughtfully work together with your coparent will help you become the parent you want to be for your children.

Adapted from Lerner, C. (2018). Living apart, parenting together: collaborating with your coparent. Retrieved from <https://www.zerotothree.org/resources/2243-living-apart-parenting-together-collaborating-with-your-coparent>

RESPECT



LOVE



Beautiful Winter Quotes



"I wonder if the snow *loves* the trees and fields, that it kisses them so gently? And then it covers them up snug, you know, with a white quilt; and perhaps it says, 'go to sleep, darlings, till the summer comes again.'" Lewis Carroll



"I love the scents of winter! For me, it's all about the feeling you get when you smell pumpkin spice, cinnamon, nutmeg, gingerbread and spruce." Taylor Swift

"Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is time for home." Edith Sitwell



"One kind word can warm three winter months." Japanese Proverb



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