



Welcome



Baby



utah county health department "creating healthy communities"



United Way of Utah County

December 2011 A Newsletter for "Welcome Baby" and "Parents as Teachers" Families

Winter Outdoor Play

Making outdoor play a daily routine during the winter months is healthy, burns calories and safe if proper clothing is worn. Prevent cold related injuries by using the chart to the right. Green indicates weather is permissible for outdoor play. Look for Signs of being uncomfortable. Yellow indicates use caution and limit play to no more than 15-25 minutes and look for signs of being too cold or too hot. Toddlers and Infants are unable to tell you when they are uncomfortable. Look for signs of fussiness. Red indicates it is not safe to go outside.

Contrary to common belief, cold weather is not the cause of a cold. The cold is a virus that thrives in warm, dark, damp environment and is associated with winter time because of the close quarters people tend to be in because of the cold weather. Improvement in your indoor air quality can help prevent the spread of air-borne sicknesses as well as comfort. Improve your indoor air quality with these six tips

- Keep air temperature between 65-75 degrees.
• Make it a routine to open windows for a few minutes everyday. Make sure windows are screened to keep bugs out and open windows no more than 6 inches for safety.
• Do not allow smoking in areas where children will play.
• Avoid strong odors.
• Reduce use of toxic pesticides, cleaners and other household chemicals.
• Control dampness and dust.

Dress for the occasion. Wear hats, coats, snow pants and gloves. Keep an extra set of clothes around in case clothes get wet. Staying dry and active are the two most important things you could do to keep warm. Plan moving activities, such as Snow Olympics, to keep kids warm.

Snow Olympics

- Long Jump— Use markings in the snow to determine who can jump the farthest
Snowball Throw— See who can throw the farthest with snowballs
Snow Pile Hurdles—Make piles of snow and have children run and jump over them
Snow Obstacle Course—Make piles of snow to create an obstacle course. With a start/finish line, have the kids jump over some of the piles and run around others.

*http://www.education.com/reference/article/Ref_Safe_Play_Outdoors/
*http://betterkidcare.psu.edu/TIPS/TIPS05.pdf

Wind-Chill Factor Chart (in Fahrenheit)

Table with Air Temperature (50 to -30) on the y-axis and Wind Speed in mph (CALM to 40) on the x-axis. Values range from 50 down to -102.

Green Comfortable for out door play, Yellow Caution, Red Danger

*Iowa Department of Public Health

- 30 degrees is chilly and generally uncomfortable
• 15 -30 degrees is cold
• 0-15 degrees is very cold
• 20-0 degrees is bitter cold with significant risk of frostbite
• -20 to -60 is extreme cold an frostbite is likely
• - 60 degree is frigid and exposed skin will freeze in 1 minute

Choosing a Place to Sled

Here are some tips from kidshealth.org for finding a safe place for you and your family to sled this winter season.

- Select a hill that is not too steep and has a long flat area at the bottom for your kids to glide to a stop.
• Avoid hillsides that end near a street or parking lot.
• Avoid hillsides that end near ponds, trees, fences, or other hazards.
• Make sure the hill is free of obstacles such as jumps, bumps, rocks, or trees before your kids begin sledding.
• Choose hills that are snowy rather than icy. If a child falls off a sled, icy slopes make for hard landings.
• Always try to have your kids sled during the daytime, when visibility is better. If they do go sledding at night, make sure the hillside is well lit and all potential hazards are visible

*kidshealth.org/parent/firstaidsafe/outdoor/safety_sledding.html

Opportunities for Education and Service in the Community

o Pregnancy Resource Center

Resource center where parents can receive information.

*Call if you are in need of diapers.

1367 South 740 East

Orem, UT 84097

Phone: 801-221-2591

Office Hours: M/T/Th 11:00 AM - 3:00 PM

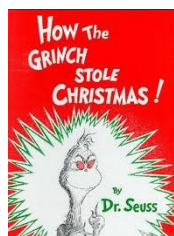
o United Way Holiday Volunteer Opportunities

To be involved with the Angel Trees, Sub For Santa, or for more information on additional opportunities,

Please call: (801) 377-6600 or 2-1-1.

Season Books

Spread the Christmas cheer with these books recommended by PBS Reading Rockets:



How the Grinch Stole Christmas—
Dr. Seuss

A classic, teaching kids about the true meaning of Christmas.

Mr. Willowby's Christmas Tree—
Robert Barry

The Neighborhood millionaire turns out to be more generous after all!



Seven Candles for Kwanzaa—
Andrea & Brian Pickney

Learn about the origins, language and daily themes for this relatively new African American holiday.

The Tree of the Dancing Goats—
Patricia Polacco

Story of a Jewish girl, Trisha, whose Hanukkah was almost ruined because her neighbors came down with Scarlet Fever. Read about how she learns the joy of serving during the holiday season.



Colored Snow

It's fun, easy and colorful. Have fun making shapes and pictures with colored snow.

What you will need

- Water
- Food Coloring
- Spray Bottles

Fill several different bottles with colored water and spray the snow to make fun pictures. It's a fun and new activity for children who are too young to make a snow man.

Snowball Experiment

You will need

- 2 Cups filled with different temperatures of water
- 3-4 Snowballs
- Salt

See how fast snow melts. Have two cups of water (one hot one cold) and one snowball in a bowl to compare to. Have children predict which one will melt the fastest. You can also experiment with salt by pouring it on a snowball and seeing how fast it melts.

Events

Community Playgroups

Playgroups help you and your child to connect to others in your neighborhood. We currently have playgroups in the following city's: Springville, Eagle Mountain, Provo, and Orem. If you are interested in starting your own playgroup, we have a curriculum of activities and lessons you can use. For more information, please contact us at (801) 691-5320.

Free Parenting Workshops!

Parenting workshops are held every month at the Utah County Health Department. This month we are going to have a winter theme with Stories, activities, music and snacks on December 21, 2011



Don't forget to check out Welcome Baby on Facebook and visit our Blog at www.welcomebabyuc.blogspot.com