



Winter Safety Tips

Clothing and footwear: keep children cozy by changing wet socks.

Active supervision: injuries and accidents may happen in the home, especially if floors are wet from melting snow.

Rules and instructions: make sure children know in which areas of the home they can play.

Environment and facilities: have lots of options ready when playing inside to prevent boredom.

Safe equipment: make sure toys and objects are within reach and in working order.

Did You Know?

If you need **information on subsidies for recreation programs** you can call 3-1-1

If you need **information on parks and activities in your area** you can call 2-1-1

If you need **help with transportation to recreation activities** you can call the Aspen Transportation Assistance Program at 403-219-3477



Centre for Child Well-Being
www.mtroyal.ca/wellbeing
Integrative Health Institute
www.mtroyal.ca/integrativehealth

Young Children and Physical Activity

Indoor Winter Activities

Did your child get 60 minutes of active play today?



Activity Ideas

Have an indoor snowball fight:

Make forts out of blankets, chairs, and cushions and toss cotton balls, pillows, and soft stuffies at each other's forts.

Hide-and-go seek is always a favourite game to play. Once everyone is found, have a cup of hot chocolate and some raw vegetables as a snack.

Using wax paper under your feet, try "ice skating" on hard floor surfaces.



Importance of Physical Activity – or Play!

Physical activity helps children learn to be confident in themselves and their ability to do something well, which can help them be successful in life.

Being physically active at a young age will help children learn about different activities they may participate in for many years, encouraging them to be active their whole lives.

How much activity? It is important that children are active for 60 minutes a day but not all at once! Provide activities and opportunities several times a day and encourage children to think of ways to be active on their own.

More Activities...

Many recreational facilities have classes, drop-in play times, and family activities scheduled in the winter time; check local facilities for ideas. Subsidies may also be available to those who qualify.

Take the family on an indoor adventure! Go for a walk around a museum, the mall, or have a scavenger hunt at home.

Play Mountain Climber:

Create piles of one, two and three pillows on a soft floor and encourage children to crawl over them and explore.