



Winter Safety Tips

- C**lothing and footwear: dress warmly in boots, hats, and snowsuits.
- A**ctive supervision: be aware of icy areas and when children are beginning to feel too cold to play.
- R**ules and instructions: teach children about winter dangers, like falling ice and slippery places.
- E**nvironment and facilities: check play areas for snow that might be too deep for young children to play in.
- S**afe equipment: playgrounds may not be as safe in the winter as in the summer.

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

Outdoor Winter Activities

Did your child get 60 minutes of active play today?



Activity Ideas

Build a snow fort and have a snowball fight!

Snowmen are fun to build and children can be very creative – build a snow family and dress them up.

Ice skating is fun for the whole family, try it at an indoor or outdoor rink.

Find a large hill in the neighbourhood and slide down – sleds can be purchased, or try cardboard or even just sliding on your bottom!



Importance of Physical Activity – or Play!

Both outdoor and indoor physical activities will give children the chance to burn off energy so they may be able to focus when they need to.

Children who are physically active will have better social skills and feel good about themselves.

Children are more active when their parents have an active lifestyle and participate in physical activity with them.

The early years are the perfect time to introduce physical activity as a life-long healthy habit.

Role Modelling. Play with your children to show them how to play nicely with each other and encourage them to try new things.

More Activities...

Snow angels can be fun and creative – try to make your whole family into a family of angels.

Become a “Snow Angel” for the neighbourhood and, as a family, shovel sidewalks and driveways for others.

Many houses have coloured lights up in December – take the family on a walking tour of the neighbourhood to see the lights and pick out favourites.

Try stamping out shapes or your name in the clean fresh snow in the yard or park.