

Winter Weather Safety

Winter is here—brrrrr! It's important to plan ahead when it comes to safety when the temperatures start to drop, and the snow is falling.

Outdoor Safety

- Make sure children wear appropriate clothing with enough layers to cover as much of the exposed skin as possible. Watch scarves and hood strings that can strangle small children.
- Use safety equipment, such as helmets and pads, when doing winter activities such as snowboarding, skiing or hockey.
- Have children come inside if they are wet or when they feel cold. The signs of frostbite and hypothermia include:

Frostbite: *Pale, grey, or blistered skin on fingers, ears, nose and toes.*

Hypothermia: *Shivering, slurred speech, unusual clumsiness*

Indoor Safety

- Check your heating system. Make sure it is working properly and that fireplaces and chimneys are clean.
- Make sure smoke detectors and carbon monoxide detectors are working.
- Use humidifiers in the house to prevent dryness and the side effects that go with, such as nose bleeds and dry skin.

Snow Emergencies

Winter in Wisconsin is unpredictable, and it's important to be prepared in the case of lots of snow, bitterly cold temperatures and ice. The CDC recommends:

Stock food and water

Ideas for non-perishable items that don't need cooking include dried fruit, nuts, canned tuna/chicken, peanut butter and granola bars.

Emergency Kit

Your emergency kit should include a flashlight, blankets, warm clothing, and a first aid kit.

Stay home

Do not travel when weather advisories are in place.

Cell Phone

If you must leave, ensure your cell phone is fully charged.

New Year's Goals

January means a fresh start to a new year. Here are some family-oriented goals for 2021:

Nutrition

- Cook together as a family 1x a week.
- Try a new recipe every weekend.
 - Incorporate 1 fruit and 1 vegetable at dinner each night.

Exercise

- Take daily or weekly family walks or hikes
- Plan a family fitness day 1x a month—for winter, think sledding, skiing, or ice skating.

Together Time

- Designate a family night weekly without electronics.
- Start a weekly ritual, such as movie or game night

Taking Screen Breaks

Screen time is a part of our lives, and likely you and your child(ren) may even be spending more time in 2020 looking at screens with virtual learning, Zoom family/friend check-ins, and spending more time at home.

Physical inactivity, such as sitting behind a screen for much of the day, can increase the risk of various health issues, and it's important to balance screen time.

Screen time after chores

Allow screen time after all chores and responsibilities have been completed, and the screen time has been earned.

Set an alarm to move & stretch

If screens are being used for a long period of time, set a timer for every 30 to 60 minutes for a reminder to get up and move and stretch.

Encourage non-screen activities

There are lots of other activities that can be done away from a screen—such as playing games, going outside, sports, crafts and reading.

Set the example

Make sure that all of the family is engaging in screen breaks—the positive example will be noticed!

Screen-free mealtimes

Set mealtimes to be screen-free so you are able to engage in conversation and have true family time.

Source: [KohlsHealthyAtHome.org](https://www.kohlshealthyathome.org)
"10 Tips for Taking Screen Breaks"