

WINTER 2023-2024

MARSHALL COUNTY PAT

Program of the Marshall County FRN



WHAT'S NEW IN PAT?

We would like to thank all of our families for participating in our PAT program. Your continued participation helps make our program a success! Our parent educators are great sources of information and assistance – you can also contact the Marshall County FRN or Family Support Center for additional resources.

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What's New in PAT?
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HAPPY BIRTHDAY, BABY!

Wishing a happy birthday to
our winter birthday kids!

Elyra – 12/1 Adrian – 1/9

Lydia – 12/11

Piper – 1/5

Leo – 1/7

Did You Know?

Open enrollment for
healthcare coverage is from
Nov. 1 to Jan. 15. The WV
Navigator program can help
you explore your options!

WINTER SAFETY TIPS FOR CHILDREN

KIDS & COLD WEATHER

According to the American Academy of Pediatrics and the National Center on Early Childhood Health and Wellness

Winter weather tips for kids birth-to-five.

UNDERSTAND THE WEATHER

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



STAY SAFE WHEN PLAYING OUTSIDE

Even when it's cold, playing outside is good for kids. It helps them kill off germs and get vitamin D. Have children come indoors periodically to prevent hypothermia or frostbite.

DRESS WARMLY

Dress older babies and young children in one more layer of clothing than an adult would wear in the same conditions. Kids should also wear a hat, mittens and warm boots. If clothes get wet, make sure to change them right away.



CAR SEAT SAFETY

Bulky clothing, including winter coats and snowsuits, should not be worn underneath the harness of a car seat. The car seat harness should fit snugly against your child's chest. If your child is still cold, layer a blanket over the straps.

WALK LIKE A PENGUIN

Have your little one keep their knees loose with arms to the sides, to keep balance. Remember: no hands in pockets! Now, spread your feet out slightly and take small steps.



Be sure to dress warmly for the winter weather! If it's slippery outside, just walk like penguin to help you stay balanced!



www.brighterfuturesindiana.org
Brighter Futures Indiana is a resource to support you in understanding and enhancing your child's learning at home and while in care. Brighter Futures Indiana is brought to you through a partnership between Indiana FSSA's Office of Early Childhood and Out-of-School Learning and Early Learning Indiana.

WINTER WEAR GUIDE

Dress infants & children warmly for outdoor activities.

Older babies and young children should always wear one more layer than an adult would wear.



Instead of a scarf, have your little one wear a neck gaiter. A scarf can be a strangulation hazard.



A warm hat covers up the ears and keeps body heat from dissipating.

If your child must go outside, avoid frostbite & hypothermia by covering them up.



Avoid water seeping through clothing layers with a water-resistant coat.

Mittens and gloves prevent frostbitten fingers.



Keep your little one's toes safe with water-resistant boots.



Leggings and even close-fitting pajama pants make a great base layer for young children.

CHECK OUT THESE FUN WINTER IDEAS!



Winter
BUCKET LIST

- BAKE COOKIES
- HAVE A MOVIE MARATHON
- WATCH THE SNOW FALL
- GO SLEDDING
- HAVE A SNOWBALL FIGHT
- MAKE PAPER SNOWFLAKES
- LIGHT SCENTED CANDLES
- DONATE TO A FOOD PANTRY
- GET COZY IN FRONT OF A FIRE
- MAKE HOT CHOCOLATE FROM SCRATCH
- SPEND THE DAY IN YOUR PAJAMAS
- GO ICE SKATING
- BUILD A SNOWMAN
- SET GOALS FOR THE NEW YEAR
- PUT ON A COZY SWEATER
- READ A WINTER THEMED BOOK
- TRY A WINTER SPORT
- PLAN A GAME NIGHT
- LEARN A NEW HOBBY
- VISIT FRIENDS OR FAMILY
- CREATE A WINTER PLAYLIST
- COMPLETE A PUZZLE



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UPCOMING EVENTS

- **Holiday Pool Party with City of Moundsville:** December 16, 12-5 PM, Four Seasons Pool *Admission is free*
- **Holiday Greeting Card and Ornament Workshop:** December 16, 1-3 PM, Grave Creek Mound *Free*
- **Prancer Film Showing:** December 16, 12 PM, Moundsville-Marshall County Public Library *Free*
- **Children's Christmas Movie and Craft:** December 16, 1:15 PM, Strand Theatre, *Admission is free*
- **Christmas on the Avenue:** December 16, 5-8 PM, Jefferson Avenue, *Free family activities*
- **StarWatch with the SMART Centre:** January 13 & February 10, 8-10 PM, Grand Vue Park *Free*
- **January and February Group Connections:** To be Announced



**MAKE SURE TO KEEP AN EYE ON
OUR PAT FACEBOOK GROUP PAGE
FOR PROGRAM UPDATES,
PARENTING TIPS, COMMUNITY
EVENTS, AND MORE!**

welcome
WINTER