



WINTER TIPS FOR FAMILIES

Winter brings shorter days, colder weather, and changes in daily routines that can feel both comforting and challenging for young children.



Positive Emotional Development
and Learning Skills

By supporting social-emotional learning, families can help children stay connected, regulate big feelings, and build confidence as they continue growing through the winter season.

Regulation

- Name feelings and validate them often.
- Offer calming tools like breathing or movement.
- Model taking breaks when overwhelmed.



Routines

- Keep mornings and evenings predictable.
- Use visual schedules when possible.
- Give advance warnings before transitions.



4 Things to Focus on this Winter

Free Play

- Encourage open-ended, unstructured play.
- Rotate simple materials to spark interest.
- Join play without directing it.

Gratitude

- Notice and name small everyday joys.
- Model saying "thank you" often and sincerely.
- Invite your child to share one good thing daily.