



January Newsletter

Monthly Theme: Winter Fun



This month we will be exploring:

Life in the Arctic
Snowflakes
Transportation
Space



Jesus' First Miracle

The Lord's Prayer

A Hole in the Roof

Jesus Calms the Storm

upcoming birthdays



Owen L.-
January 3rd



Staying Active Through the Winter

Don't let the cold winter weather keep your family from being active! There are still many activities that can be done inside, out in your neighborhood, or in the community.

In Your Home

Throw a dance party in your living room! Have each member of the family pick a favorite song and dance it out together.

Lay out colored pieces of paper in a path around your house and do a color walk!



Challenge each other to go through the house only stepping on certain colors.

In Your Neighborhood

Something as simple as going for a walk will provide great exercise for your family. Also, just simply playing outside and doing things like building a snowman or having a snowball fight are other great options!



In the Community

Visiting local ice rinks and going ice skating with the family is wonderful exercise! Our area has many indoor and outdoor facilities that are open to the public. If you prefer to stay warm, try a family bowling night or family fitness class.



Indoor Activities to Keep Toddlers Busy During the Winter

As we head into the coldest weather of the year, and opportunities for outdoor play are limited, it can be difficult to keep your toddler busy! Here are some ideas for easy, engaging activities to set up inside.



Snowflake Drop

An empty wipe container and jar lids are all you need for this fine motor activity! This activity is great to introduce to older infants.



Painting Snow

Fill a bin with snow, add some finger paints, and let your toddler explore! This is also a great way to reinforce color concepts.

Snowman Sticky Wall

With some clear contact paper, cotton balls, and construction paper, you can create a snowman! Just draw the outline, and your toddler can fill in their snowman. You can also use leftover pieces of wrapping paper and bows to create a colorful collage.

Snowman Fine Motor Activity

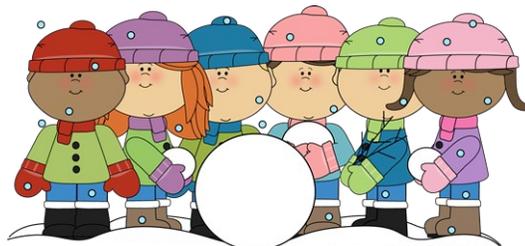
Save your empty water bottles and repurpose them into this fun activity! Toddlers love filling and dumping, and this will help build fine motor skills.



From the Office

Special Days in January

- ◆ **January 1st**– New Year's Day-Center Closed
- ◆ **January 20th**– Martin Luther King Jr. Day



Reminder:

Even during the winter months, we still try to enjoy outdoor play as often as we can! Please make sure that your child has a snowsuit, boots, hat, and gloves every-day!