

# The Child Abuse Prevention Council of Barry County



## Winter Activities for Dads and Their Kids

By [Wayne Parker](#)

Many psychologists tell us that winter can be a depressing time, for both adults and children. Weather considerations often keep people inside during the winter season, or require special clothing or equipment to spend time outside. But many fathers have found that winter offers great opportunities for together time with their children. Activities both indoors and outdoors during the colder winter months can build memories, strengthen relationships, and just are all out fun with your children. Here are some great ideas for outdoor activities that can be simple, fun and don't have to be expensive.

### Skiing

### Snowboarding

### Sledding

### Ice Skating

### Snowshoeing

**Snow Painting:** Some of our friends have taken up snow painting as a fun family activity. All you need is a few water bottles with a squirt top, some water and food coloring and some snow. Fill each bottle with water and some food coloring and then head outside. A little imagination and some creativity will result in some great works of art.

**Igloos and Snow Caves.** If you have lots of snow, it can be fun to build a snow shelter like an igloo or snow cave. We have often used aluminum bread pans as a brick mold for an igloo. For ideas and techniques about igloos, check out About Landscaping Guide Dave Beaulieu's [guide to igloos](#).

## DID YOU KNOW...?

CHILDREN ARE NOT LOVABLE  
FOR WHAT THEY DO.  
CHILDREN ARE LOVABLE JUST  
BECAUSE THEY ARE.

Author Unknown

THERE IS NO BETTER  
EXERCISE FOR THE HEART  
THAN REACHING DOWN AND  
LIFTING SOMEBODY UP.

John Andrew Holmes

CHILDREN HAVE NEVER BEEN  
VERY GOOD AT LISTENING TO  
THEIR ELDERS, BUT THEY  
HAVE NEVER FAILED TO  
IMITATE THEM.

James Baldwin

## NEW YEAR'S RESOLUTIONS:

Tradition dictates that every 365 days, you should try to kick bad habits and start your life anew. So sit down with a cup of coffee, a paper and a pen, and reflect: What kinds of [New Years Resolutions](#) will you make for yourself this January 1<sup>st</sup>?

**Step 1: Be realistic by setting achievable goals. Winning the lottery, for example, is out of your grasp.**

**Step 2: Describe your resolutions in specific terms. Instead of "I don't want to be lazy," opt for "I want to exercise regularly" or "I will cut down on my [television](#) watching."**

**Step 3: Break down large goals into smaller ones. For instance, commit to losing weight by resolving to join a gym and improve your eating habits.**

**Step 4: Find alternatives to a behavior that you want to change, and make this part of your resolution plan. So you want to quit smoking but you smoked to relax yourself? What other forms of [relaxation](#) are available to you?**

**Step 5: Above all, aim for things that are truly important to you, not what you think you ought to do or what others expect of you.**

Website: [New Year's Resolutions](#)

## JUST FOR PRE-SCHOOLERS

### Teach the ABC'S with the 'Connect the Letters' Game

Here's a way to help you child learn the letters of the alphabet.

It's also good way to pass the time when you're waiting in a doctor's office.

On a sheet of paper, write the letters of the alphabet. Be sure to mix them up—with A in the lower right corner, B in the center and so on.

Challenge your child to connect the letters—in order. You can even make this a game of "Beat the Clock" to see if your child can beat the previous record.

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### Mission Statement

*“To eliminate and prevent all forms of child abuse and neglect through awareness, advocacy and education.”*



### INDOOR ACTIVITIES

#### PAPER SNOWFLAKES

**Need:** paper, scissors

**Directions:** Fold a piece of paper several times and make cut outs in places, unfold and have snowflakes. No two are alike.

#### FLUFFY SNOWMAN

**Need:** empty 2-liter bottle, white toilet tissue, glue, construction paper hat, buttons, facial features and crepe paper for scarf.

**Directions:** Tear the toilet tissue into squares. Cover the bottle with toilet tissue by folding each square one at a time over the end of a pencil. Dab each piece lightly in glue and attach it to the bottle. When the bottle is completely covered, allow the glue to dry. Make the hat, facial features and button from construction paper and glue these pieces in place on the snowman. Gently tie a length of crepe paper streamer around the snowman for a scarf. Snip the ends of the streamer with scissors to make fringe. You can also fill the bottle partially with sand to use as a door stop.

## MARCH IS PARENTING AWARENESS MONTH 10 STEPS TO POSITIVE PARENTING

1. Show love and affection
2. When necessary, take time to cool down.
3. Compliment your child.
4. Develop a set of shared meanings, values and goals.
5. Introduce your child to books.
6. Listen and talk to your child.
7. Be the kind of person you want your child to be.
8. Offer guidance.
9. Tell your child “I love you” each and ever day.



### 10 STEPS TO TEACH CHILD DISCIPLINE:

1. Teach and model self-control by your example.
2. Set routine for bedtime, meals and chores.
3. Explain reasons for your rules.
4. Let your child help make rules.
5. Let your child help decide consequences for broken rules.
6. Try to understand your child’s feelings.
7. If your child breaks a rule, control your anger.
8. Compliment your child often.
9. Tell your child “I love you: each and every day.
10. 2009 PAM Organizers’ Packet, Parenting Awareness Michigan.



### SAFE SLEEP STEPS:

1. **Baby should sleep alone in a crib, portable crib or bassinet.**
2. **Always put baby on their BACK to sleep even when baby can roll over.**
3. **No pillows, large blankets, comforters, stuffed animals or soft things should be in the sleep area.**
4. **Keep baby’s face uncovered during sleep for easy breathing. Use a sleeper instead of a blanket.**
5. **Don’t allow anyone to smoke around the baby.**
6. **Don’t overheat the baby. Dress the baby in as much or as little clothing as you are wearing.**
7. **Use a firm mattress with a tightly fitted sheet.**
8. **Place baby in the same sleep position every time.**

**Website: DHS—Safe Sleep Steps and Checklist**

### C.R.I.B. PROGRAM: (Crib Resource in Barry County)

This program is available to families who are in financial need of a safe sleeping environment for their child. A crib, mattress, 2 fitted sheets, a CAPCBC canvas tote with educational materials and a personal crib quilt are available by a referring agent filling out a referral form and submitting it to the Council. Referral forms are available on our website: capcbc.org