

Winter Fun



Think Small ParentPowered Texts

- Sign up for a weekly text with ideas, fun facts and easy tips on how you can help your child learn.
- thinksmall.org

Developmental Milestones

- Age related child milestones and parenting tips for helping your child develop.
- cdc.gov/ncbddd/actearly/milestones
- helpmegrowmn.org
- helpmeconnectmn.org

Fall Fun

- familyfuntwincities.com

Easy Inside Activities

It is important for children to keep a routine and stay active each day.

- Puzzles, color, draw or paint.
- Help with chores.
- Scavenger hunt or Eye spy (colors, numbers and shapes).
- Yoga, dance, move, and stretch.
- Board games, read, or make flash cards.
- String pasta or cereal or stack building blocks.
- Have a picnic inside or play hide and seek.
- Build an inside fort- Tell stories and take turns.

Easy Outside Activities

As the snow begins to fly, try to spend time each day helping your child enjoy the outdoors.

- Go for a winter walk.
- Build a snowman or snow animal.
- Make foot prints and shapes in the snow.
- Play with your beach balls, buckets and hand shovels.
- Pull a stuffed animal around in a sled.
- Paint the snow with water color.
- Practice throwing and catching.
- Look for small toys hidden in the snow.

Winter Resources



Coats for Kids

- Visit or call for updates on 2021-2022 program.
- 1-800-725-2769
- salvationarmynorth.org

Energy Assistance

Starts October 1, 2021 for Winter 2021-2022.

- Assistance with home heating costs.
- caprw.org | online application
- 651-645-6470

Heat Share

- Salvation Army | 651-224-6946
- Last option utility assistance.

Food Resources (food shelves, free meals and food assistance)

- Ramsey County - ramseycounty.us/foodresources
- Minnesota - mn.gov/dhs/food-emergency
- stpaul.gov (search for: nutrition assistance or free meals)

Tax Time

Offering in-person assistance - masks required, in-person.

- Prepare & Prosper | 651-287-0187
- Free tax preparation.
- Free financial services and coaching.
- prepareandprosper.org

Thanksgiving Groceries

Online registration only. Must email thanksgiving@ugmtc.org to receive registration link.

- Union Gospel Mission | 651-228-1800 | ugmtc.org
- Holiday meals and food programs.

Toys for Tots

- Salvation Army | 651-746-3595
- Call or visit website early December for updates.
- salvationarmynorth.org

Winter 2021-2022