

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.
- Scavenger hunt or eye spy (colors, numbers and shapes).
- Yoga, juggle and hula hoop.
- Freeze dance, hide and seek and Simon says.
- Build an inside fort- tell stories and take turns.
- Make friendship bracelets.
- Indoor hopscotch.
- Act out a play.
- Make a snack together.

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.
- Search for animal tracks or make your own.
- Teach your child how to shovel.
- Create a hoop and throw snowballs in.
- Paint the snow with water color.
- Make an obstacle course.
- Have a snow sculpture competition.
- Build a snow fort or snow house.

Winter Resources



Coats for Kids

- Visit or call for updates on 2022-2023 program.
- 1-800-725-2769
- salvationarmynorth.org

Energy Assistance

Applications open for winter 2023-2024.

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

HeatShare

- Salvation Army | 1-800-842-7279
- <https://centralusa.salvationarmy.org/northern/heatshare-program/>
- Last option utility assistance.

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

- Ramsey County - ramseycounty.us/foodresources
- Minnesota - mn.gov/dhs/food-emergency

Prepare & Prosper

Offers free tax assistance and more.

- 651-287-0187 | prepareandprosper.org
- Appointment only.
- Free tax preparation.
- Free financial services and coaching.

Toys for Tots

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

Winter 2023-2024