

News Notes To Parents

Purdue University Cooperative Extension Service of Adams County

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Staying Active in the Winter Months

As the cold weather sets in, it can be challenging to keep children active. However, physical activity is essential for their physical, mental, and emotional health, no matter the season. Staying active helps children maintain a healthy weight, strengthen their bones and muscles, reduce stress, and improve their mood. During the winter months, when kids are more likely to stay indoors, it's important to find creative ways to encourage movement and keep them engaged in physical activities. Create a fun indoor obstacle course using household items. Chairs can be tunnels to crawl under, pillows can be stepping stones, and tape can mark out paths or boundaries. This encourages children to use their imagination while keeping them moving.

Additionally, many local community centers or gyms offer indoor sports like basketball, soccer, or swimming during the winter. These structured activities not only keep children physically active but also teach teamwork and discipline. Check with your local YMCA or recreation center for winter sports leagues or classes designed for kids. Lastly, don't disregard yoga! Yoga is a fantastic way for kids to build strength, flexibility, and balance. It also helps improve focus and calmness, which is especially helpful during the busy holiday season. Many online resources offer child-friendly yoga videos, making it easy to follow along from the comfort of your home. Yoga supports both physical fitness and mental health, helping children manage stress and anxiety. Physical inactivity during the winter months can lead to weight gain and a decrease in muscle strength and endurance. Additionally, staying indoors for long periods may impact children's emotional well-being, leading to restlessness or irritability. Incorporating daily physical activity helps combat these issues and ensures children remain healthy year-round.

According to the Centers for Disease Control and Prevention (CDC), active kids are more likely to have better concentration, a healthier weight, and improved overall health. By incorporating movement into your family's daily routine, you're setting the foundation for lifelong healthy habits. Keeping kids active during the



winter months requires creativity, but with a little planning, you can ensure they get the movement they need. Whether through indoor activities, winter sports, or family exercise, the key is to make physical activity fun and engaging. Not only will this help children stay fit, but it will also improve their mood and energy levels, making those long winter days more enjoyable for everyone.

References:

1. Centers for Disease Control and Prevention (CDC). (2020). *How much physical activity do children need?* Retrieved from <https://www.cdc.gov>.
2. American Academy of Pediatrics. (2019). *Active Healthy Living: Prevention of Childhood Obesity through Increased Physical Activity*. Retrieved from <https://www.aap.org>.
3. Bauman, A., Reis, R. S., Sallis, J. F., Wells, J. C., Loos, R. J., & Martin, B. W. (2012). *Physical activity 2: Correlates of physical activity: Why are some people physically active and others not?* *The Lancet*, 380 (9838), 258-271.

How To Travel With Kids

Traveling with kids can be an overwhelming task, but with the right preparation and tips, it can become a fun and memorable experience for the whole family. Here are expert travel tips to make your next family vacation more manageable:

1. **Book in Advance** – Plan early to secure better prices, availability, and seats together.
2. **Allow Extra Time** – Kids take longer to get ready and adjust, so be sure to factor in additional time.
3. **Travel Midday** – Avoid early or late flights, opting for midday trips to avoid rush hour and ensure better moods.
4. **Time Travel with Naps** – If your child naps well, schedule travel during nap time for a peaceful ride.
5. **Create a Trip Cheat Sheet** – Have all travel details in one place for easy access.
6. **Return to Familiar Places** – Revisit favorite destinations to reduce stress and maximize enjoyment.
7. **Book a Place with a Kitchen and Laundry Options** – Save money and make meal times easier by staying somewhere with cooking facilities.
8. **Ask About Child Amenities** – Confirm amenities like cribs, babysitters, or child-friendly services.
9. **Charge Devices & Download Entertainment** – Be ready for long waits with pre-loaded content.
10. **Create a Barf Survival Kit** – Pack a clean-up kit with wipes, bags, and extra clothes for unexpected sickness.
11. **Set a False Deadline** – Aim to leave early by setting an earlier time on the clock.
12. **Don't Overpack** – Limit bags to two per person, and try to make one a backpack for easier mobility.
13. **Let Kids Pack Their Own Bags** – Encourage children to pack their own suitcases for excitement and responsibility.
14. **Use Double-Duty Products** – Opt for items like a stroller that converts into a car seat.
15. **Make Personal Toiletry Bags** – Keep toiletries for each family member in one easy-to-reach bag.

16. **Bring Healthy Snacks** – Keep kids from getting "hangry" by packing wholesome, non-messy snacks.
17. **Use Reusable Bottles** – Avoid single-use plastics by carrying your own reusable water bottles.
18. **Pre-Purchase Tickets for Attractions** – Save time and money by buying tickets ahead of time.
19. **Pack Light and Smart** – Don't bring more bags than hands can carry, especially for long trips.

By following these tips, traveling with kids can go from stressful to enjoyable, helping create lifelong family memories!

Reference:

[How to Travel with Kids - 36 Best Family Travel Tips for Parents, ChatGPT](#)

Purchase or create your own scavenger hunt sheets for children:



Reference:

[10 Easy Travelling Activities for Kids - Happy Tot Shelf](#)

Lizzy Lenart, *Health & Human Sciences Educator*

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News Notes To Parents is a product of Purdue Extension—Adams County. If you have comments or need information, call (260) 724-5322. The office is located at 313 W Jefferson St Ste 312 Decatur, IN 46733. **Tell someone about us!**



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