

Winter Parenting Guide

February and March can be a tough slog for moms, dads and caregivers and it's no picnic for children and teens, either, if boredom and cabin fever set it!

You don't need Super Powers to beat the big, bad boredom beast! Parenting is a work in progress!

That's why Inclusion NWT staff invite the community to share all your best activities, crafts, fun recipes and other boredom-buster with us to share in our new Winter Parenting Guide! Check out our staff ideas posted here and send us your own at: YOUTH@InclusionNWT.ca



Freeze dance breakfast

Every child loves the freeze dance game, in which an adult plays the DJ and the rest of the participants dance -- until the music suddenly STOPS -- then everyone freezes until the music returns!

For a busy breakfast time, perhaps the music doesn't start again until the dishes are in the dishwasher or until snowsuits are on.

Keep the music and dancing going until the children are out the door. The concept also works with Simon Says or Follow the Leader!

Ice Cube explorers

No, we're not talking about hiring rapper Ice Cube as a babysitter. This game is even more fun than that!

Ice cube explorers is the perfect unique game for a subarctic February!

Here's how it works:

- Fill a tall container with water the night before. It works best if the mouth of the container is the same width or wider than the body and the base.
- Fill the container with water and drop in various small toys, such as action figures, Barbie accessories, toy cars etc.
- Leave the container outside overnight and let it freeze solid
- The next morning, slip the ice out of the container and call the children to play!
- Using arctic archeological tools such as salt, eye dropper and squeeze bottles to melt the ice and retrieve the toys frozen within



Indoor hopscotch

It's a long time before your children will play basketball and other tried and true schoolyard games outside. So, why not bring the imaginary schoolyard indoors?

Hopscotch involves lots of movement, exercise and energy, but it takes up a fairly small space. Use painters tape or old pillows to make a hopscotch game in your home. Add an improvised balance beam and maybe turn the floor into lava and add an extra layer of drama to the game!