



Cabin Fever: Ideas to shake the Winter blahs

Being inside with infants and toddlers for days on end can lead to CABIN FEVER! Toddlers and young children need lots of physical activity for their boundless energy. Here's a list of ways to shake the "winter blahs" both inside and outside your home. Use these activities as well as your own ideas to help cabin fever melt away into springtime fun. As an added benefit your baby or toddler will be learning in the process!

- * **Put on music and dance. Move with the rhythm.**
- * **Go outside and take a walk. Notice all the changes taking place. Any flowers peeping out? Any buds or leaves beginning to show?**
- * **Make a tent. Put a sheet or blanket over the table or a couple of chairs to make a great hiding place.**
- * **Visit a neighbor, a friend, or an older person who cannot get out of their home.**
- * **Go for an inside walk. What things do you see in each room?**
- * **Visit the mall to window shop. Pack your own snack or plan to buy one.**
- * **Go to the library. Checkout books. Visit story time.**
- * **Have a race crawling across the floor.**
- * **Roll a ball. Chase the ball. Take turns rolling the ball back and forth.**
- * **Make a fun snack. Make a face on bread using Cheerios to decorate.**
- * **Make faces in the mirror.**
- * **Play with play dough.**
- * **Play in water (in the tub or sink). Measuring cups, different size containers, spoons, or a funnel are fun ways to explore in water.**
- * **Take a mini field trip. As you run errands, visit a post office, florist, pet store. Talk about what you see.**