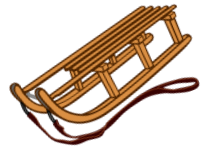
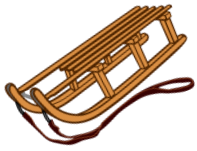




**FSRC-Childcare Resource Center**  
**Quarterly Newsletter For Parents**  
**January-March 2025**



## **Outdoor Winter Family Fun**

### Maple candy

Simply grab a pan or trough and fill it with fresh, hard-packed snow. Then, boil some [pure maple syrup](#) (not the high-fructose corn syrup pancake stuff). Finally, pour the super hot syrup in lines or swirls onto the snow and use a popsicle stick to wrap it up into a ball. Enjoy!

### Outdoor winter play kitchen activities

Grab some spare kitchen tools and let your kids have fun mixing snow, mud, ice, berries, evergreen needles- whatever they can find!

### Snowball blast

Take your kids out into the yard with some snow goggles, tennis rackets, and snowballs and wait for the delighted squeals!

### Animal tracking activities for outdoor exploration in winter

Take your kids on a nature hike (or out into the backyard) after a fresh snowfall. Then, have them find animal tracks. If you want to make this more educational, you can have them look up the tracks in a reference guide to learn what made them.

### Use your footprints

Make a snow maze or write something in the snow. This can be an especially good outdoor winter activity if you have 2+ children and a multiple story house. Have someone in an upper window looking over the back yard calling out with a walkie talkie where the child on the ground should march next.

We enjoy providing you with activities for you and the children to have fun with. We recommend while doing these activities that you keep in mind the projects may contain safety and choking hazards, never leave the children unattended, and be aware that the recipes may contain allergens.

## POLAR BEAR PAWPRINT CUPCAKES



You can make the cupcakes using a box mix. Mix in some blue food coloring to make the cupcakes look like the arctic ocean water! Follow the directions on the mix to bake the cupcakes.

When the cupcakes are baked and cool, ice them with some Buttercream frosting. Then immediately dip them into a bowl of shredded coconut, for Polar Bear fur. Finally, top the cupcakes with a store-bought chocolate sandwich cookie and some chocolate covered raisins to make the paw prints! Crazy Simple!



# Winter Handprint Craft for Babies, Toddlers & Preschoolers

You can use regular printer paper or construction paper if that's all you have, but to truly make it a keepsake, I recommend investing in a little sturdier stock paper that works with your printer.

You can hang them on the fridge or window, frame them or simply add them to your memory books.

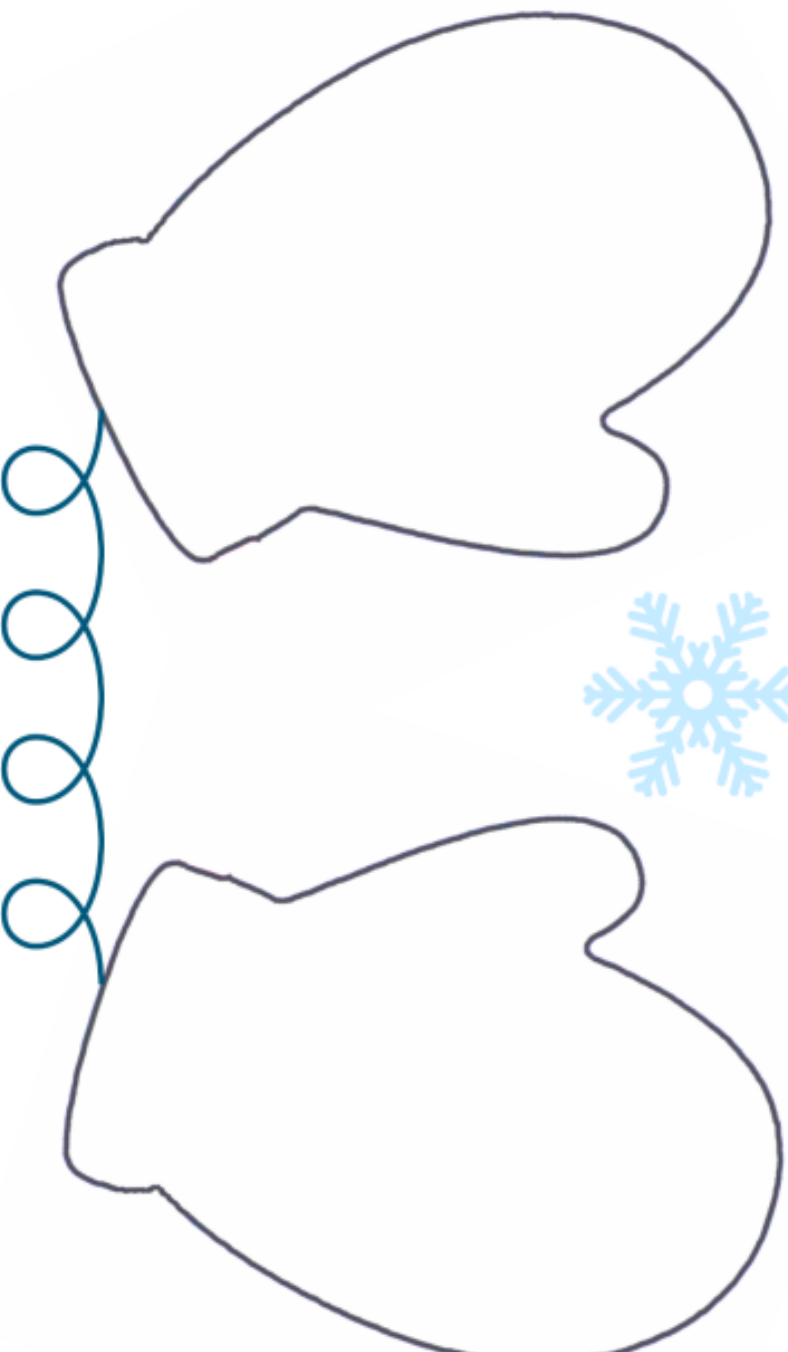




# Baby,



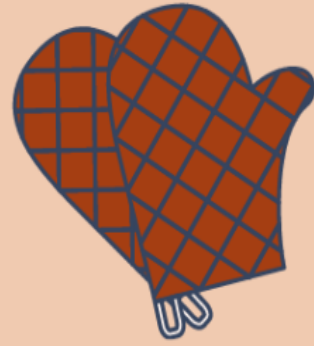
It's Cold Outside.



Name:

Year:

# Cookie Breathing



Imagine you are holding a warm, freshly baked cookie in the palm of your hands.

You bring it close to your nose and breathe in. Mmm, it smells so good! It's still warm so you cool it off by blowing out through your mouth.

Do it a few more times and then your cookie is ready to eat!



@helpfulhealer\_

*We are always telling kids to "Just Breathe!" without much guidance! This activity connects to kids visually along with slowing down their breathing to produce an effective, calming effect.  
Tip: It's fun for adults, too!*



**Health and Safety:** January 14-16, 9AM-3PM

**CPR:** January 18, 9AM-1PM

**Safe Sitter:** February 19, 9AM-2PM

## **Interested in becoming a Child Care Provider?**

The Child Care Resource Center can  
**help you** get started running your own  
child care business!

## **How Can We Better Serve You?**

Do you have suggestions on what you would  
like to see in our newsletters, or how  
the Child Care Resource Center  
can better assist you and your needs?

Please email:

[childcare@sccapinc.org](mailto:childcare@sccapinc.org)

Or call:

Melissa Bevins (518)234-2568 x3016  
Heather Jonker (518)234-2568 x3009