

WALKING SAFELY IN A WINTER WONDERLAND Newsletter



Let's face it, we live in Wisconsin and in winter it snows. As the wind blows and temperatures rise and fall, there will always be slippery surfaces no matter how well snow is cleared from parking lots and sidewalks.

So we embrace it and learn how to keep ourselves from falling. As adults, these safety behaviors have become instinctual. Thinking of how a penguin walks will help us teach children these important skills.



- Bend slightly and walk flat footed
- Keep your center of gravity over your feet as much as possible
- Point your feet out slightly – well, like a penguin
- Shuffle your feet and take short steps
- Watch where you are stepping
- Concentrate on keeping your balance
- Keep your arms at your sides and hands out of your pockets
- Go slow

When the snow falls, we hope you take some time outside with your child to practice these safety skills. Practice falling into the fluffy snow. Have a competition so see who has the best penguin shuffle. Most of all, have fun together as they learn these important winter walking safety habits.

