

## 5 Tips to Keep Your Family Active & Safe This Winter

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Winter in Wisconsin can be snowy, icy or just plain cold! How do you and your children stay active and do so safely? Check out these tips from Coulee Region Childhood Obesity Coalition members to keep you safely moving this winter...

1. *Dress for Success*: Dress in layers and wear warm, close fitting clothes. Long scarves can get caught in things so be sure they are tucked in. Because children lose heat faster than adults dress them in an extra layer. Wear a hat, mittens rather than gloves and boots with nonskid soles.
2. *Walk Wisely*: Winter doesn't have to mean the end to family walks. Just follow these simple safety tips on your walk! Walk on sidewalks when possible. If you must walk in the streets walk against the flow of traffic and as close to the curb as possible. Wear bright outer clothing so motorists see you and avoid hats or scarves that block your vision making it hard to see.
3. *Sled Safely*: Kids love to go sledding. Unfortunately over 50% of winter sports related injuries in children are from this beloved winter activity. Sled safely by supervising kids while they sled. Be sure the hills kids use are clear, free from hazards such as rocks, tree stumps and fences and don't lead to a street. Always have kids sled feet first rather than head first and consider having children under 12 wear a helmet while sledding (a ski or snowmobile helmet works well).
4. *Skate Smart*: Allow kids to skate only on city rinks. You can run risks skating in the marsh or other iced over lakes as the ice can be weak and kids can fall through. Encourage kids to skate in the same direction as others using the rink, to avoid darting across the ice and to never skate alone.
5. *Protect Your Skin*: The sun can still cause sunburn in winter especially when the sun's rays reflect off the snow. When kids go out to play be sure exposed skin is covered with sunscreen.