

Family Conversation Starters

Nothing brings people closer together than some good old-fashioned conversation. However, starting a conversation with your child can be a little tricky sometimes.

Bring your family together for dinner with good food, good conversation and lots of laughs. You can download this free printable by visiting thesuburbanmom.com

Ask Your Child: What was your favorite question to answer and why?

What is your favorite song right now and why?	What is your favorite family tradition?
What was the first thing you thought of when you woke up this morning?	If you could have any super power, what would it be?
Describe yourself in 3 words.	What makes you happy when you are sad?

FAMILY TIME

If you could be in any movie, what movie would you choose?	What is your favorite chore? What about your least favorite chore?
What makes you feel loved?	What are you most proud of?
If you could only take 3 things to a deserted island, what would you take?	What is the nicest thing anyone has ever said to you?
Where would you fly if you had wings?	Describe someone else at this table in 3 words.
If you could plan a family trip, where would we go and what would we do?	If you could be any animal, what would you be?
If you had just one wish, what would it be?	What is your least favorite color?
What is your favorite season and why?	If you could only eat one thing for the rest of your life, what would it be?

Coping with the Pandemic this Winter After three seasons of this pandemic, many parents are out of ideas of what to do while spending so much time at home. As we continue to navigate these circumstances, try implementing these ideas to learn and grow through the hard times.

Prioritize connection

Even though many of us are together, all day, every day, we may not realize how little we're making time for moments to truly be with one another.

Get outside, even if it's cold

The time outside doesn't have to last all day, but it is important for children to breathe fresh air, soak up sunlight, and move their bodies.

Relax about screen time

Many parents struggle with getting their children to spend less time looking at screens, however, socializing online with friends can be a good outlet for them right now.

Acknowledge the hard parts, then be proactive

Acknowledge that this is a difficult time for our children., listen to the concerns and needs of your child, and validate their feelings.

You can learn more about these methods of coping with the pandemic this winter by visiting [washingtonpost.com](https://www.washingtonpost.com)

Ask Your Child: What fun activity would you like to try outside this winter?

SELF-CARE



How to Make Fake Snow Learn how to make fake snow for pretend play with this simple recipe. This fake snow is perfect for hours of sensory play.

Ingredients:

- Baking Soda
- White Hair Conditioner
- Large Bowl

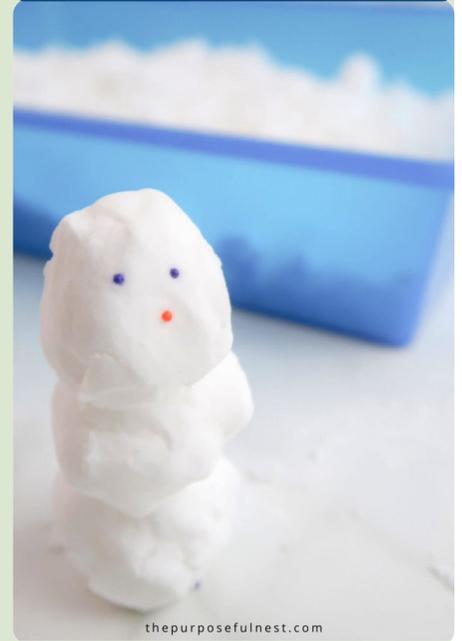
Directions:

1. In a large bowl, mix 2½ cups of pure baking soda with ½ cup of white hair conditioner.
2. Stir mixture in large bowl until ingredients are well combined.

Note: Young children may be tempted to put this mixture near their eyes or mouth, which should be avoided. Children should be supervised by an adult while playing with the pretend snow. Wash your hands after using this snow.

Ask Your Child: *What is your favorite thing to build in the snow?*

FUN CRAFT ✂



thepurposefulnest.com

Valentine's Day Oreos

Ingredients

- Oreos
- Wilton Bright Pink Candy Melts
- Red, Pink, & White Valentine's Sprinkles

Directions:

1. Melt the candy melts as directed on the package in a microwave safe bowl.
2. Dip the Oreo halfway into the melted candy.
3. Place the Oreo onto some parchment paper.
4. Scatter sprinkles over the melted candy.
5. Allow the cookies to harden completely before serving.

Tip: Only dip 4-5 Oreos in the candy melts at a time, then add the sprinkles on top. The candy melts harden very quickly!

Ask Your Child: *How can you Choose Love on Valentine's Day?*

EASY RECIPE 🍴



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