

## Cause and Effect

We teach cause and effect every time we help a young child recognize a relationship between two things, or when we demonstrate that one event is the result of another.

- Ask your child, “What do you think will happen if we leave this Popsicle out in the sun?” Allowing the Popsicle to melt provides an opportunity to talk about the sun’s heat and its effect on the icy Popsicle. During the winter, do the same thing with small cups of water. “What caused our water to turn into ice?”
- Identify interesting words for the month. Is there a special event or holiday taking place this month? For example, a summer word list could include descriptions of weather (humid, hazy, and tropical) or, the upcoming school year (anticipation, transition, supplies). What new words can you introduce to your child this month?
- Play a simple game in which you verbally provide a situation (or a cause). Ask your child to fill in an action (or an effect). For example, you could say, “It was snowing outside.” Your child could fill in, “All the kids got their sleds.” “Someone rang the doorbell,” could be answered with “Our dog began to bark.” This game is perfect for helping your child realize that there is not one single right answer – as scientists they will learn that there can be several causes and several effects.



## January - Beating the Cold-Weather Blues!

Once a chill is in the air, our bodies begin to want to conserve energy to use as heat. We tend to eat a little more and become less active. Being cooped up inside and being more sedentary can lead to the "cold-weather blahs." Kids might feel more tired, lethargic, or even a little bored.

Here are some ways to beat those blues!

- **Brighten up your environment!** Sit near windows when possible.
- **Eat Smarter!** A little chocolate can relieve anxiety, but don't get too cozy with comfort foods.
- **Simulate Dawn!** It is hard to wake up when it is still dark outside. Have a light near your alarm clock to gradually brighten your room in the morning.
- **Exercise!** Regular exercise is known to improve depression symptoms.
- **Turn up the radio!** Listening to upbeat music can significantly improve your mood!
- **Plan a vacation.** Many vacations are taken during the warmer months. Thinking and planning a vacation can get your mind off the cold, dreary winter and give you something to look forward to.
- **Help others.** Volunteering your time to help others can improve mental health and overall life satisfaction.
- **Get outside!** I know it is cold, but getting outside for even a short time is good. We all need fresh air and it can help us improve our focus at work to take a quick break outside!



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## Did you know?

We have a new website! Be sure to check it out!

[www.smartbeginningsroanoke.org](http://www.smartbeginningsroanoke.org)

It is full of great resources including Developmental Milestones, links to Parenting classes, and tips and activities to engage you and your child!

Don't forget to look us up on Facebook too!

<https://www.facebook.com/smartbeginningsroanoke/>

### Smart Beginnings Greater Roanoke

United Way of Roanoke Valley  
325 Campbell Ave, SW, Roanoke,  
VA 24016

P: 540-283-2786 | F: 540-344-4304

## In the Community



Here is a list of great places to go sledding!  
(IF we get snow)

### Fallon Park

A few short slopes, and some longer ones too!

### Memorial & Wasena Avenues – Ghent Park

Watch out for trees and be mindful of the parking lot!

### Academy Street – parking area for golf course (Salem)

This is where you can access the hill on the golf course

### Fishburn Park

Watch out for the playground at the bottom of the hill!

### Thrasher Park

You can slide down either side of this hill!

### Greenfield

Take advantage of these gentle slopes for you little ones!

### Highland Park

More gentle slopes for your little sleigh riders!

### Mud Lick Creek Greenway through Garst Mill Park

Be on the lookout for hikers!

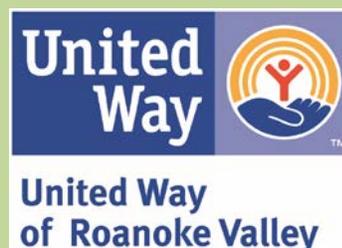
### Walrond Park

Just past the tennis courts is parking and a few nice hills for sleigh rides!

Don't forget to leave some snowmen behind!



Resources:



Launching young readers!

## Reading Rockets

