

Parenting Tips

Parenting Tips for Spring: Recovering from Cabin Fever

After a long winter, children are going to be anxious to go outside and explore the changes in their environment. Take advantage of this by going on nature walks and pointing out new life. Have your child use all of their senses to take in their new surroundings. Point out the bulbs pushing up from the ground and the buds blossoming on the trees. Have them smell the damp earth and blossoming flowers. Encourage them to stand perfectly still and listen to the birds. Have them feel the cool breeze and rain drops on their skin or the soft petals of flowers.

With Spring comes many rainy days. Have kids dress appropriately and go outside to splash in the puddles. For an inside activity, plant a seed and watch the different stages it goes through as it grows, read a book or play a stimulating board game.

Celebrate the many interesting holidays in Spring such as April Fool's Day, Earth day, and May Day. Make it a learning experience by finding out what each holiday signifies and the history behind it.

Utilize the energy your child has by having them come up with some movements to their favorite songs.

A sure sign of Spring is the arrival of newborn animals such as baby chicks and rabbits. Children frequently beg their parents for these pets. Before taking on this huge responsibility, do some research to find out how to care for these animals. What does this animal need for shelter and food? Is this animal age appropriate for my child?

Look into Spring sports or art classes that may be offered through your child's school or other activities offered through local organizations such as the Boys and Girls Club. Having your child involved in an activity outside of the home can give parents a much-needed break.

Lastly, enjoy the Spring thaw and the prospect of warm summer days to come!