

Pointers For Parents

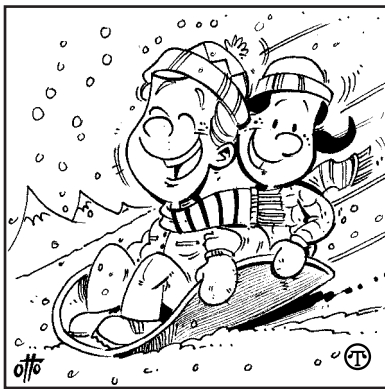
Helping Kids Warm Up To Cool Months

(NAPSA)—Every year at the onset of colder weather, many fun-seeking kids and their parents give up on outdoor play and head indoors until spring. However, experts say outdoor play can help children “blow off some steam” and keep them from feeling “pent up” inside the house—and that can mean less behavioral problems for parents to deal with.

Perhaps more importantly, outdoor play is good for kids. Doctors say the inactivity that often accompanies colder months can lead to weight gain and lethargic behavior. If you want to encourage your children to get outdoors and participate in healthy play this season, try these tips:

- **Make It A Hole In One**—Golf, usually considered a fair-weather sport, can be made into a fun winter challenge. Kids and parents can design and customize their own winter golf courses and have neighborhood competitions. The company Wham-O makes a Snow Golf set that includes two lightweight clubs, two brightly colored balls and three “holes” with flags.

- **Surf The Slopes**—Today’s sleds are faster—and some say more fun—than ever before. For example, the Snow Boogie Blade Runner and Tomahawk are four handled, super-light, shock absorbing foam sleds. It’s been said the Snow Boogie series has reinvented sledding, turning it



Hibernation Is For The Bears—
Colder months offer children the opportunity for some unique outdoor activities.

into a cool new type of extreme sport. Kids can also hit the hills with the SnowSlickster. It attaches to riders with a nylon belt and buckle, making for a fast and easy trip back up the hill. All children have to do is walk up, and the sled will follow.

- **The Winter Games**—Children can hold their own mini “Olympic Games,” complete with ice-skating competitions and long distance snowball throw. Kids can even try their skills on the “Skeleton.” The high-performance, maneuverable sled was designed and tested on Olympic tracks in Park City, Utah, and is great for neighborhood hills.

For more information, visit www.wham-o.com.