

# Snow Day Survival Guide



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# Snow Day: Parent vs. Child's Reaction



## Why School/Center Closures Can be Stressful

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- Unanticipated
- Upsets daily schedule/routine
- Requires immediate planning
- May call for reliance on others
- Interferes with work/responsibilities





# Prep: Where are the Necessities?

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- Gloves, hats, boots
- Shovel, car scraper, flashlight
- Extra food including snacks
- Games, books, toys
- Tablets, phone chargers, timers
- Plan B

# Child Care Options

Understand child's school/center closing policy

If there is a partner, who absolutely needs to go into work

Talk with other parents about how they handle closings

Consider taking turns with other trusted parents/neighbors/family in providing care

Consider hiring older adolescents who are also having snow day to help out

# Work Considerations

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- Can you work from home
- Have you made your employer aware of your childcare dilemma
- What are vacation/time off options
- Can your child go to work with you



# School Closure Day Schedule

Quiet Play/Breakfast

Morning Chores

Organized Activities

Outdoor Play

Lunch

Quiet Time

Play

Dinner

## If You Work From Home

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The day can still be productive:

Make a realistic schedule for yourself and child(ren)

Review schedule with child(ren) (through words, pictures)

Help child(ren) plan quiet activities for parts of the day

Have a designated place where you can work

Schedule sit down meal/snack time for your child(ren)

Plan outdoor time for your child(ren)

Attempt to find a helper for some part of the day



# Become Part of the Problem

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## Get outside

- Snowman/fort building
- Sledding
- Snow Angels

## Bring the outside in

- Large bucket
- Small shovels
- Food coloring

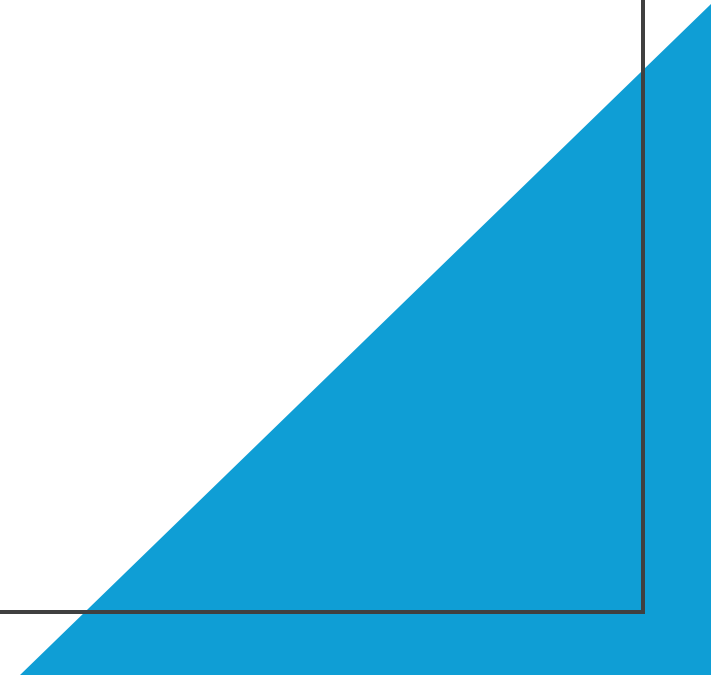




# Think About How You are Thinking About the Day

## Remind Yourself

- It is temporary
- You will get caught up and back on schedule
- Other families have similar issues
- You will learn something that will make next time easier
- You are handling it the best way that you can





## End of Day Reward

Do something nice  
for yourself

- Long bath/shower
- Favorite snack
- Listen to music
- Rest