

Winter survival tips

The below comments are taken from Club members suggestions following a request for newsletter content during Winter 2013 (still relevant).

My children are miserable when cold so good waterproofs are essential. Water proof trousers in the snow vital. Muddy puddles do good sale stock, if you are not too fussy about colour! I always take spare gloves as they get really cold fast when the gloves get damp, socks make good spares too.

Places like Woodside Animal do super cheap family membership and when it's cold people just don't bother going, because it's a farm so it's usually nice and quiet! Also there are good events at Stockwood hall Park.

Cuddle up: It's a very simple idea but on a really cold winter's day, snuggling up on the sofa under a blanket with your children, reading their favourite stories, watching their favourite films and drinking hot chocolate is a lovely way to spend some time. Special moments, cuddles and memories to cherish for the future.

Get kitted out with clothes for all weather – "There's no such thing as bad weather - only bad clothes". Even in horrible weather - if you are all wrapped up / in waterproofs / warm gear etc. - you can still have loads of fun.

If you buy waterproofs etc. a size up - they'll last you a few years (you can just roll the legs up if too long initially). Or you might pick up some winter clothing bargains at NCT sales or from fellow St Albans Mums through Facebook. Cheap snow boots are fab for snow and bad weather alike with better grip than wellies and padded and warm.

Scooters are great for getting them out and about in the cold as they keep moving and much quicker than walking, mine will always go out for a scooter ride – we often just go round the block a few times.