

**Family
Centered Early
Supports &
Services
Monthly
Newsletter for
Families**



THANK YOU

For bringing love and happiness to our lives

Beat the Winter Blues

From cozying up in front of a fire, to taking a brisk walk outdoors, February is a chance to reconnect as a family.

With more time spent indoors, it's easy to feel a little blue this time of year. Luckily, we have lots of activities to help!

For this month's newsletter, we have some wonderful activities for you and your favorite Valentines.

Enjoy our reading selection and discover more books you can enjoy with your kids!

Also, don't forget to check out our calendar of events for fun activities throughout New Hampshire!



Be my Valentine

Enjoy some loving activities and fun ideas for February



Heart Oobleck
Valentine's Day Science

Make hearts with your little love's hand prints for valentines day. Click [here](#)

Candy Hearts Oobleck for awesome sensory play using water and cornstarch [here](#)

My Valentine Heart ([source](#))

When I say I love you
(Point to lips)

It comes from my heart
(Hand on heart)

You hear it in your ear
(Point to ear)

And it sounds very smart
(Point to head)

I love it when you're proud of me
(Stand very tall)

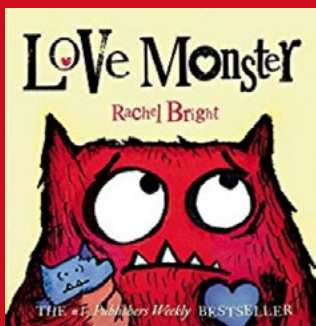
You say it all day long
(Stretch arms wide)

And when I hear you say it
(Point to ear)

My heart sings a merry song
(Hand on heart)



You'll LOVE these books!



Check out more books like this with your toddlers and pre-schoolers!

ONE GREAT RATE!

One Great Rate is a smorgasboard of winter fun!

Skiing, Snowboarding & Tubing

Only \$38.00 per person!

Every Saturday night: 3:30pm - 9:00pm
(beginning Jan 4th 2020)

Instructor learning tips available from
3:30pm - 7:30pm

ALL RENTALS INCLUDED!

Beginning in January



Granite YMCA

Londonderry winter program guide
Goffstown & Manchester winter guide

Get Outdoors:

Musquash Field Day

Londonderry

Enjoy guided walks followed by refreshments near an open fire.

Ice Castles

Lincoln

An award-winning frozen attraction in New Hampshire! Including breath-taking LED lit sculptures, frozen thrones, ice-carved tunnels, slides, fountains and much more!

Ice skating rinks

All over!

If you want to skate on a frozen pond or crave the more-level ice rink under a domed ceiling, New Hampshire has everything you need.

Sleigh Rides

All over!

There's nothing more nostalgic in wintertime than a quintessential New Hampshire sleigh ride. From the mountains, to down along our lakes, cozied up passengers can enjoy the long-standing tradition of jingling bells inside a private horse-drawn sleigh ride for two.

Londonderry winter program guide
Goffstown & Manchester winter guide

Calendar of Events

February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5 Charlottes Web	6	7	8
9 T-Rex Tea Party	10	11	12	13	14	15 Explore together: Animal Adaptations
16	17	18	19	20	21	22
23 Family Miniature Golf	24	25	26	27	28	29 Winnie the Pooh Kids

[Charlottes Web](#) - February 5 at 12 p.m. Concord

[T-Rex Tea Party](#) - February 9 at 9:30 a.m. Dover

[Explore Together at Prescott Farms](#) - February 15 at 1 p.m. Laconia

[Family Miniature Golf](#) - February 23 at 12 p.m. Dover

[Winnie the Pooh Kids](#) - February 29 Manchester

[Check out these events at the Manchester Library!](#)

[Volunteer Income Tax Assistance](#)
Free Tax Assistance in select areas!