



TO THE POINTE

PARENTING EDITION / SUMMIT POINTE - NUMBER 13

Outside Play In A Winter Wonder Land

With temperatures dropping & snow falling it is tremendously important that as parents we remember the benefits of physical activity and outside play.

This time of year especially it can be easy to forget the huge impact that physical activity has on the mental health and physical health of ourselves and our children.

School aged children need at least 3 hours of outdoor physical play a day. This can be increasingly difficult when winter sets in. Parents may find it difficult for many reasons, however, it is very important to remember that physical play during the day can promote good health and a better night's sleep, which in turn can increase the next day's concentration and improved mood, setting our children up for a success at school and within different settings.

Many studies have found that children who do not get enough physical exercise tend to show more symptoms of depression and anxiety. However, when we get moving and engage in some kind of physical activity the "feel-good" chemicals in our brains, known as endorphins, are released. These endorphins help to improve and stabilize our mood, energy levels, and sleep regulation. All of these positive physical effects then help to create a foundation for kids to have improved self-esteem, healthier body image, and better relationships.

Outdoor activity in particular promotes building confidence, imaginative play, and creativity due to the children being able to choose how they interact with nature. Parents can promote this growth simply by taking part in outdoor play with their children. During the winter time this may look like building a snow fort, racing sleds downhill, snow ball fights or constructing snowmen in the yard. Parents can allow their children to set the rules & direct the activities promoting independence. These activities endorse physical and mental well-being, not to mention build lasting memories & bonds.

So... with that said, Get bundled up & get outside as often as possible with your kids. You will thank yourself & your kids will thank you too!



24 Hour Assistance Available

Please Call 269-966-1460
24 Hour Crisis 1-800-632-5449
Youth Crisis 269-441-5945
Crisis Text 741741



175 College Street, Battle Creek, MI 49037



All Ages Welcome



All Insurances Welcome
No Insurance Required



Interpretation
Services Available



Mental Health &
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Find us on

Get outside this winter and try something new!

Here are a few local activities to get you motivated.



Winter Sports Park AT BINDER PARK

Free cross country skiing, snowshoeing, and more available at Binder Park.

BINDER PARK GOLF COURSE

7255 B Drive South
Battle Creek, MI 49014
(269) 979-8250
<https://bcparcs.org/175/Winter-Sports>

WINTER ACTIVITY HOURS

Monday - Friday at your own convenience
only sleds available

Saturday 9AM - 5PM

Sunday 12PM - 5PM

***Free** equipment will be available for use and warming house will be open *only* Saturdays and Sundays.

Sledding or tubing

Great sledding is available at Leila Arboretum, McCrea Park (by the water towers), Piper Park, and Albion's Victory Park Hill,

*Bring your own sled or tube.



Take a Hike or a Walk

There are many beautiful areas to get outside in Calhoun County. Some of our favorites to check out this time of year are Historic Bridge Park, Fort Custer Recreational Area, North Country Trail, and Iron Belle Trail.

Ice Skating

When our local lakes and ponds have frozen solid ice skating outside is a great free activity, but in the meantime, check out the open skate options at the indoor ice skating rink.

THE RINK

75 Houston
Battle Creek, MI 49017
(269) 963- 7465
<http://www.therinkbattlecreek.com/>

OPEN SKATE PRICE/TIME

\$7 Saturday - Sunday
times vary, check website

\$2 Skate rentals
cash only



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