

JANUARY 2, 2018

## When It Is Too Cold (or Hot) for Outside Play

### Wind-Chill



- 30° is *chilly* and generally uncomfortable
- 15° to 30° is *cold*
- 0° to 15° is *very cold*
- -20° to 0° is *bitter cold* with significant risk of *frostbite*
- -20° to -60° is *extreme cold* and *frostbite* is likely
- -60° is *frigid* and exposed *skin will freeze* in 1 minute

### Heat Index



- 80° or below is considered *comfortable*
- 90° beginning to feel *uncomfortable*
- 100° *uncomfortable* and may be *hazardous*
- 110° considered *dangerous*

All temperatures are in degrees Fahrenheit

Wind-Chill Factor Chart (in Fahrenheit)										
		Wind Speed in mph								
		Calm	5	10	15	20	25	30	35	40
Air Temperature	40	40	36	34	32	30	29	28	28	27
	30	30	25	21	19	17	16	15	14	13
	20	20	13	9	6	4	3	1	0	-1
	10	10	1	-4	-7	-9	-11	-12	-14	-15
	0	0	-11	-16	-19	-22	-24	-26	-27	-29
	-10	-10	-22	-28	-32	-35	-37	-39	-41	-43

Heat Index Chart (in Fahrenheit %)														
		Relative Humidity (Percent)												
		40	45	50	55	60	65	70	75	80	85	90	95	100
Air Temperature (F)	80	80	80	81	81	82	82	83	84	84	85	86	86	87
	84	83	84	85	86	88	89	90	92	94	96	98	100	103
	90	91	93	95	97	100	103	105	109	113	117	122	127	132
	94	97	100	103	106	110	114	119	124	129	135			
	100	109	114	118	124	129	130							
	104	119	124	131	137									

Comfortable for out door play
  Caution
  Danger

Source: [http://www.daycare.com/news/daycare\\_and\\_weather.html](http://www.daycare.com/news/daycare_and_weather.html)



### Leaving Your Child Home Alone

This resource from the Child Welfare Information Gateway outlines considerations for families before leaving their children home alone, provides tips for parents, and lists general and state-specific home-alone resources. [VIEW FACTSHEET](#)

-----upcoming classes for parents-----

### But What Does Therapy Do? Demystifying the Therapy Process

This class explains the therapeutic process based on different age groups and addresses common questions about what happens in therapy and what it is for. Rebecca will provide parents with information on seeking a therapist, how to advocate for their child's needs, and how to best communicate with their child's therapist. She will also address information such as professional boundaries therapists work under in regards to confidentiality, access to records, and including family in sessions. Approved for 3 Hours of Foster Parent Credit

Sat., Feb 24 (9am-12:15pm) – CEDAR FALLS

Check Out IFAPA's Other Trainings Scheduled by [Clicking Here](#)

## 4 Questions to Ask When Early Childhood Trauma Causes Behavior Issues

Early childhood trauma can radically change the way a child's brain experiences a situation. Trauma causes the brain to go survival mode which triggers the FEAR response (flight, fight, or freeze). When a traumatized child is in FEAR response, the brain shuts off the thinking part of the brain, and the child cannot think or even recall coping skills. The primitive part of the brain is about only one thing — SURVIVAL!

Logical thought processes can be hijacked by the FEAR response caused by early childhood trauma. Trauma has the unique ability to rewire the brain, and what may seem like ordinary simple everyday situations, can become huge triggers for children that have experienced early trauma.

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**[Click Here to Read More..](#)**

## 4 Parts of a Conversation: How to Help Kids With Social Skills Issues Navigate

For most people, having a conversation is easy. We don't think about having to make appropriate comments or how to join in when other people are talking. But for kids with social skills issues, the normal flow of conversation can be hard.

Important skills, like reading body language and knowing what to say (and when to say it), don't come easily to them. Here's a look at the four parts of a conversation, the skills involved, and how to help your child navigate each one. [Read More](#)

## Parenting in Challenging Moments

Every parent has their own approach to guidance and discipline, and chances are you've received plenty of advice (or maybe even criticism) about what you should be doing with your children. Regardless of what strategies you choose, here at Science of Parenting we promote one basic technique that every parent can use, we call it...

**Stop. Breathe. Talk.** The concept is simple, and it can be used in nearly every parenting situation. Stop. Take a moment to think about how you really want to respond to your child.

**Breathe.** Consider what is happening with your emotions. Take a deep breathe or two to calm down.

**Talk.** Once you have gathered your thoughts, be intentional with your words to help guide your child toward the outcome you really want.

Guidance and discipline, when intentionally planned in thought and action, can be effective for your family. Look through our resources to see how you can be purposeful with your child.

*Look for additional guidance and discipline topics by [clicking here.](#)*