THE SMART MOM'S GUIDE TO
Surviving WINTER
Cold and Flu Supplies

- Acetaminophen
- Cold Compresses
- Cough Syrup
- Decongestant
- Disinfectant
- Dosage Cups
- Dosage Spoons
- Fruit Juice Popsicles
- Handsoaps
- Heating Pad
- Humidifier
- Ibuprofen
- Jello
- Kleenex
- Nasal Aspirator
- Thermometer
- Vaseline

Don't Forget:
Storm Preparation

- Non-perishable foods
- Bottled water
- Cash
- Blankets
- Flashlights
- Snow shovel

Car:
- Cash
- Water
- Blankets
- Extra clothes & shoes
- Sleeping bags
- Kitty litter
Sick Days

Keep track of school sick days.

Don't forget to ask for a doctor's note.
# Symptom Checklist

<table>
<thead>
<tr>
<th>SYMPTOMS</th>
<th>FEVER</th>
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<tbody>
<tr>
<td>Chills</td>
<td>Time: Temp:</td>
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<tr>
<td>Cough</td>
<td>Time: Temp:</td>
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<tr>
<td>Congestion</td>
<td>Time: Temp:</td>
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<tr>
<td>Constipation</td>
<td>Time: Temp:</td>
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<tr>
<td>Diarrhea</td>
<td>Time: Temp:</td>
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<tr>
<td>Ear Ache</td>
<td>Time: Temp:</td>
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<tr>
<td>Fatigue</td>
<td>Time: Temp:</td>
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<tr>
<td>Headache</td>
<td>Time: Temp:</td>
</tr>
<tr>
<td>Nausea</td>
<td>Time: Temp:</td>
</tr>
<tr>
<td>Runny Nose</td>
<td>Time: Temp:</td>
</tr>
<tr>
<td>Sore Throat</td>
<td>Time: Temp:</td>
</tr>
<tr>
<td>Sneezing</td>
<td>Time: Temp:</td>
</tr>
<tr>
<td>Stomach Pain</td>
<td>Time: Temp:</td>
</tr>
<tr>
<td>Vomiting</td>
<td>Time: Temp:</td>
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</tbody>
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**Notes:**
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<th>Medication:</th>
<th>Dosage:</th>
<th>Time:</th>
<th>Next Dose:</th>
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Snow Day Fun

Build a blanket fort.
Drink hot cocoa.
Get out your makeup & let the kids make you pretty.
Blow up a balloon & have a living room volleyball game.
Play hide & seek.
Watch movies.
Play charades.
Have a picnic indoors.
Create a lunch station & let everyone make their own meal.
Make an indoor obstacle course.
Play follow the leader.
Come up with fun physical challenges for the kids.
Download an app and learn to say SNOW DAY in another language.
Read books in funny voices.
Play dress up and take silly pictures.
Bake cookies.
Have breakfast in bed with the whole family.
Host a family karaoke night.
Practice tongue twisters.
Blindfold each person one at a time & have a taste test.
See how many things you can balance on your nose.
Try to throw marshmallows into each other's mouths.
Make up stories.
Have a dance competition.
Wonderful Winter Plans

Books I'm Going to Read

☐ ________________________________

☐ ________________________________

☐ ________________________________

☐ ________________________________

Shows I'm Going to Binge Watch

☐ ________________________________

☐ ________________________________

☐ ________________________________

☐ ________________________________
Wonderful Winter Plans

New Recipes I'm Going to Try

☐ ________________________________
☐ ________________________________
☐ ________________________________
☐ ________________________________

How I'll Pay It Forward

☐ ________________________________
☐ ________________________________
☐ ________________________________
☐ ________________________________
Wonderful Winter Plans

Things I've Been Meaning to Do

☐ ____________________________________________

☐ ____________________________________________

☐ ____________________________________________

☐ ____________________________________________

How I'll Be Good to Myself

☐ ____________________________________________

☐ ____________________________________________

☐ ____________________________________________

☐ ____________________________________________

☐ ____________________________________________