

Health Trends in Early Childhood

January 2026



Staying Safe in Wintertime



Trend

Winter has officially arrived! Power grids are moving towards full capacity and power outages are trending upwards. In the future, the US Dept. of Energy anticipates regions could face unacceptable grid reliability risks.

Soaring electricity demand, and policy shifts are driving up the power outage projections, reshaping our plans to prepare for the future.



Explanation

The mid-Atlantic region's grid operator is struggling to secure enough electricity to meet the demands, as costs for consumers continue to rise.

Children enjoy outdoor activities in any weather, but winter storms and freezing temperatures require both outdoor and indoor safety preparations.



Impact

Pennsylvania is **StormReady**. All 67 counties in Pennsylvania have: A 24-hour warning point and emergency operations center. More than one way to alert the public about severe weather. A system for monitoring local weather conditions. Ways to engage the public on the importance of readiness. A formal hazardous weather plan.



Action

When the cold becomes unpleasant, it's time to go inside.

Be prepared to adapt and have an indoor plan for active physical play when outdoor activities aren't possible.

Bundle up, prepare for power outages and severe winter weather, follow car seat and vehicle safety, and stay safe indoors.

Resources

- American Red Cross: [Winter Storm Preparedness & Blizzard Safety](#)
- Better Kid Care: [Outdoor play on winter days – Content Areas \(CKC\)](#)
- HealthyChildren.org: [Playing Outside in Winter: Tips to Keep Kids Warm & Safe](#)

Learn more at
www.pakeys.org/HealthTrends

This is the most updated information at release time. The information in Health Trends is not a Pennsylvania regulatory requirement for early childhood providers. Pennsylvania early childhood providers with questions about regulatory requirements should contact their Cert rep or the Bureau of Certification.

