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# Inner and Outer Warmth For Early Childhood

By Meagan Rose Wilson | No Comments | Family + Parenting, Rhythm, Routine + Ritual

It's cold outside in parts of the Northern Hemisphere, but there are many things we can do to keep each other warm! Warmth is essential to a child's physical, emotional and cognitive development. A nurturing childhood is one that warms both body and soul.

Here are examples of the inner and outer warmth we as caregivers can provide for our children.

### Inner Warmth

- A gesture of love such as a hug or embrace
- Kind words of encouragement or praise
- Folktales, fairytales & songs from your family culture
- A candlelit prayer or a verse at bedtime

### Outer Warmth

- Wool socks & breathable layers
- Herbal tea
- Warming stews, soups, custards and broths
- Warming scents such as cinnamon & clove
- Soothing baths
- Hot water bottles tucked under bed sheets

I wrote a journal post some time ago with more details on inner and outer warmth in early childhood. [You can read it here.](#)

I'd love to hear more from you on this topic - what are some of the ways your family provides inner and outer warmth for your children? Comment below and let me know.

I have also posted [on my Instagram @meaganrosewilson](#) about this topic and have answered some questions in the comments. Pop on over there and join the conversation!



### Meagan Rose Wilson

Meagan Wilson is a parent educator and author of the now-retired seasonal series of Whole Family Rhythms. After finishing a BA, she went on to complete her Foundations in Steiner Education and Anthroposophy at Sydney Steiner College, as well as her Waldorf Early Childhood Certification at the Rudolf Steiner Centre in Toronto. She has received her certification as a Simplicity Parenting Family Life Coach and has supported hundreds of parents to create a strong family rhythm unique to their own values and culture. She has four young children. Meagan provides resources, support and information to parents who are looking for a bridge to cross between their unique family life and their children's (often but not always) Waldorf schools.

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