



ST. JAMES-ASSINIBOIA
Parent Child
Coalition

Bringing families and the community
together to help our children
reach their full potential

Winter
2014-2015

FAMILY FOCUS

Happy Holidays



St. James-Assiniboia Parent Child Coalition Holiday Celebration

Where: Deer Lodge Community Club

Date: Wednesday, December 17th

Time: 9:30 a.m. – 11:00 a.m.

- Music and dancing with Ms. Sonja
- Snacks, activities and more.....



Raising a Healthy Eater

Welcome to life with a Toddler!

Is your child becoming a picky eater? Do you find your child's appetite changes from one day to the next? Are mealtimes a struggle?

If so, join us for this informative workshop presented by:
Public Health Dietitian, Martina Gornik-Marion

Who: Parents with Pre-schoolers (18 months & up)

When: Monday, January 12th or February 9th

(Please register for only one session)

Time: 9:30 – 11:30 a.m.

Where: Westwood Community Church
401 Westwood Drive

Child minding will be provided

Online Registration: www.sjapcc.ca

Email: familyresource@sjsd.net

Phone: 204-998-8400



Promoting Mental Health in Young Children

This 4-week workshop is a simple interactive program to help parents and caregivers promote the mental health of young children from birth – 6 years.

This program will also acknowledge the importance of self-care for parents as an effective way to promote personal well-being and create a nurturing, loving environment.

Topics are presented in 4 Building Blocks:

Week 1 Building Trust and Attachment

Week 2 Building and Enhancing Self-esteem

Week 3 Expressing Emotions

Week 4 Relationships with Others

Who: Parents/Caregivers of Young Children

When: January 15th, 22nd, 29th & February 5th

Time: 6:00 – 8:00 p.m.

Where: Messiah Lutheran Church
400 Rouge Road

Space is limited and registration is required.

Child minding will be provided.

To register please call 204-998-8400

"All kids need, is a little help, a little hope, and somebody who believes in them"

Magic Johnson

www.sjapcc.ca



Noisy Toys?



Did you know.... Toys are regulated under the Hazardous Products Act by Health Canada? Toys that emit levels exceeding 100-decibel levels (dB) are banned to avoid the potential harm to hearing. When buying toys be sure to check for the noise level labels located on the bottom or back of toys. **Noise damage can be preventable.**

Great Expectations

An opportunity for moms-to-be and parents of children under one year of age to learn more about various health and nutrition areas for the baby, themselves and the whole family. Children under age one remain with their parent during the session. A qualified childcare provider will care for older children.

Please call one week prior to session if child care is required.
(Prenatal to 12 months)

Thursdays 1:15 p.m. - 3:15 p.m.

Heritage Victoria Community Club
950 Sturgeon Road

Tuesdays 9:30 a.m. - 11:15 a.m.

Sturgeon Heights Community Centre
210 Rita Street

For more information call Traci 204-885-5415

BREASTFEEDING SUPPORT GROUP

Thursdays 10:00 - 11:30 a.m.
New day, time and location

A group for anyone breastfeeding and needs support or help. Or just an opportunity to connect with other moms like yourself!

Sturgeon Heights
Community Centre
210 Rita St.
Call 204-940-2040



SHAKE, RATTLE & ROLL

Shake, Rattle & Roll is a physical activity program for Preschool Children and their Parents or Grandparents.

This exciting new program promotes:

- A healthy and active way of life
- The importance of physical activity in pre-school play
- Gross motor skills
- Social and emotional development

This program is free but does require registration.

Friday Mornings January 23rd - February 13th, 2015

9:30 – 10:30 a.m.

Westwood Community Church
401 Westwood Drive

Online Registration: www.sjapcc.ca

Email: familyresource@sjsd.net

Phone: 204-998-8400

Winter Fingerplay

Climb, climb, climb -
up the hill of snow.

(Let fingers walk up your
toddlers arm or bent leg.)

Jump on our sleds -
down we go. Weeee!

(Let fingers slide down
your arm or leg and
tickle as you go.)



THE PRESCHOOLER



St. James- Assiniboia School Division Kindergarten Open House - February 2015

Children, who reach age 5 before December 31st of any year, are eligible to enter kindergarten in September of that year.

Monday	Tuesday	Wednesday	Thursday
February 9 Lakewood Assiniboine Robert Browning Bannatyne	February 10 Brooklands Heritage February 17 Sansome Voyageur	February 4 Phoenix February 11 Strathmillan Buchanan	February 5 Linwood Athlone February 18 Stevenson-Britannia Crestview



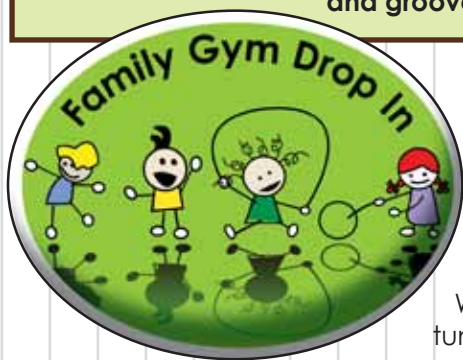
Wee Be Jammin Music with Sonja

Join in the fun as we sing, dance and groove to music!



Deer Lodge Parent Child Drop In Centre
10:00 – 10:30 a.m.
Jan. 21st, Feb. 11th, Mar 4th

Lakewood Parent Child Drop In Centre
6:30 – 7:00 p.m.
Jan. 27th, Feb. 24th, Mar. 24th



Family Gym Drop In

Don't let the cold weather keep you inside – drop by and join the fun!
Family gym drop in is a free program that offers families the opportunity to be active and discover fun in the gym!
We have balls, bikes, a bouncer, climber, tunnels, slides, floor hockey and so much more! Children have loads of fun as they

gain strength, balance, coordination and confidence. Drop in and join us for this open gym experience!

Monday Evenings 6:00 - 7:30 p.m.
Tuesday Mornings 9:30 - 11:00 a.m.

Westwood Community Church
401 Westwood Drive



"Play is not only our creative drive;
it's a fundamental mode of learning."

~ David Elkind

BOOKWORMS BOOK CLUB



Wednesday Evenings
January 14 – February 18

6:00 p.m. – 7:00 p.m.

The Salvation Army Heritage Park Temple
810 School Rd.

Come out and learn new songs and rhymes, make crafts, read books, watch a puppet show and listen to stories!

This is a 6 week family literacy program to be enjoyed by parents and their young children (best for ages 3 to 5).

To Register:

Email your info to:
familyresource@sjsd.net
or call 204-998-8400. Please leave a clear message with your contact information.

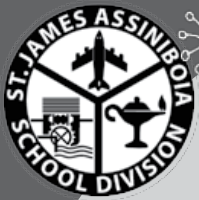
Winters Top Ten List of Things To Do:

1. Sledding (lots of great snow hills in St. James)
2. Building a Snowman (decorate with pinecones, twigs, spruce branches, berries)
3. Making Snow Angels (lie in the snow move arms and legs up and down)
4. Ice Skating (Community Centres, The Forks, Assiniboine Park)
5. Snow Picnic (pack a lunch and eat outside)
6. Winter Hike (look for animal tracks in the snow)
7. Snow Graffiti (spray bottle of tinted water)
8. Snowball Throwing Contest (make or draw a target in the snow)
9. Blow Bubbles (watch them turn into ice bubbles)
10. Snow Castles (use sand toys, milk cartons, loaf pans)

PARENTING

PARENTING TODAY WORKSHOPS

(Sponsored by the St. James-Assiniboia Parent-Child Coalition)



Workshops held from
6:00 p.m. - 8:00 p.m.
Jameswood School

(1 Braintree Crescent, off Olive & Ness)
Educational Support Services



To register please contact Arlie Williams-Taylor at
204-885-9555 or email ptregistrations@sjsd.net

Free pizza supper will be offered from 6:00 - 6:30 p.m. with the
session taking place from 6:30 p.m. - 8:00 p.m.

Tuesday, December 9th, 2014

Teens

Presented by: Jeffery Kerr B.S.W. & Hayley Plesh Coordinator,
B.S.W.
Educational Support Services
St. James-Assiniboia School Division

Thursday, January 15th, 2015

ADHD/ADD

Presented by Marilyn MacKinnon (B.S.W.), Executive Director of
Learning Disabilities Association of Manitoba

Tuesday, February 10th, 2015

Teens, is it a mood or a mood disorder

Presented by Tina Holland, Director of Education, Mood
Disorders Association of Manitoba

Postpartum Warmline

Postpartum Mood Disorders are not character
flaws or signs of weakness; they are the most
common complications of childbirth. Early
recognition and prompt treatment can help you
manage your symptoms — and enjoy your baby.

**Postpartum Depression can affect any new mother.
You are not alone.**

For a warm voice to talk to, call:

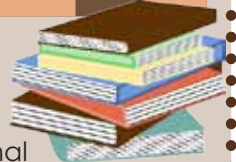
Postpartum Warmline:
204-391-5983

Peer Support Line:
204-786-0987

(Mood Disorders Association of Manitoba)

"Time Out for Parents"

**Providing parents with information
and resources to support their
child's development.**



Join us monthly as we host informational
sessions on a variety of topics including child
development, health and wellness, literacy and
more! Each session, hosted by a professional, will
include a short presentation followed by a question
and answer period. Coalition staff members will
provide child minding in the gymnasium during the
session.

All sessions will take place at our
Deer Lodge Parent Child Drop In Centre

Regular Drop In hours: 9:30 – 11:00 a.m.

Time Out for Parents: 10:00 – 10:30 a.m.

December 3

Topic: "What's Your Parenting Style?"

Guest Speaker: Mae Choo-Mah
Family Support Coordinator
Family Dynamics

January 7

Topic: Toilet Training your Child

Guest Speaker: Alison Campbell
Public Health Nurse, WRHA

February 4

Topic: Make Reading Time a Fun Time

Guest Speaker: Deidre Sagert
Early Years Support Teacher
St. James Assiniboia School Division

March 11

Topic: Nutrition Month – Food Demo and Tasting

Guest Speaker: Community Nutrition Educator

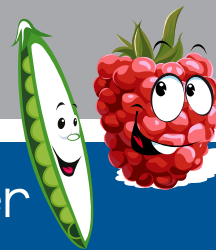
Online ChildCare Registry

**The Online Child Care Registry is now available
province-wide.** The Online Child Care Registry
makes it easier for families to find and apply for
licensed child care in Manitoba.

For more information, visit:
onlinechildcareregistry.gov.mb.ca



HEALTHY LIVING



Family Eating Tips for You and Your Preschooler

1	Make Eating Enjoyable. Young children can be messy when they eat. They are still experimenting with food and often will touch, smell and lick their food before eating it. So relax about the mess they make. Add more vegetables into the day.
2	Be a Positive Role Model. Parents and caregivers are the most important people in a young child's life. If children see grown-ups making healthy choices they will make healthy choices. If you want to make a real difference in your child's eating, show them every day.
3	Avoid Pressure Tactics. It's your job as a parent to give children well-balanced and small sized meals that children can chew and eat. Let your child decide what and how much to eat. Too much pressure to eat all that is on a plate will lead to a power struggle. Children may need to try a new food 20 times before they will like it.
4	"Let's Not Make a Deal." Try not to fall into the trap of making a deal each time children sit down to a meal. Offering chocolate cake as a reward for eating green beans is just another form of pressure. This is how many children's eating habits were shaped in the past and it didn't work.
5	Breakfast – Still the Most Important Meal of the Day. It's true! Children who eat breakfast have fewer problems in school and get better grades. Whether it is cereal and fruit, peanut butter toast or an egg burrito to go, healthy breakfast choices will nourish the mind and the body.
6	Plan Five or Six Meals per Day. Young children are not small adults and have small stomachs. They should eat smaller meals about every two to three hours. Do not expect them to eat a big supper just because you do. Supper is the least popular meal for preschoolers because they are tired.
7	Serve More Fruits and Veggies. Both children and adults need to have at least five servings of fruits and vegetables each day. Get creative. Apple slices and peanut butter, carrots with dip, blueberries in cereal, or extra veggies in casseroles or sauces are great ideas.
8	Children Need To Drink. Not drinking enough fluids can cause problems such as muscle weakness, lack of concentration and headaches. On average, children need to consume 2 litres of fluids each day, so encourage frequent water breaks during the day. Pop, sport drinks, and fruit drinks are not a good choice for young children as they are high in sugar and may contain caffeine.
9	Allow Occasional Sweets Treats. Children need to learn that they can say no to sweets just like any other food. If children are not allowed sweets it becomes a forbidden food and only becomes something they want more and more of in the future. Try to include some sweets in moderation throughout childhood. Teach them that sweets are okay once in a while but not on a regular basis.
10	Never Diet Restricting food at a young age or any age can effect normal growth and development. Instead, offer well balanced nutritious meals and the occasional sweet treat. Become more active as a family. What is important is the health of your child not what they look like.

Yam or Sweet Potato Fries

Makes 4 Servings

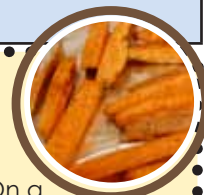
This recipe is cheap, delicious, easy to make and fun to prepare with children. This is a healthy alternative to French fries.

Ingredients 1 tbsp oil
1 large yam or 2 sweet potatoes, scrubbed, peeled and cut into strips
1 tsp paprika

Directions

In a large bowl, drizzle oil over yams and toss to coat evenly. Add spices and toss to combine. On a greased baking sheet, place fries in a single layer leaving space between them so they get crispy on all sides (you may need to bake in batches). Bake for 10 mins, and then flip fries over with a spatula. Bake for another 10 mins. They should be tender on the inside and golden and crisp on the outside. Serve warm

Submitted By: Rosemary Szabadka, Public Health Dietitian
Winnipeg Regional Healthy Authority





AROUND THE COMMUNITY



Qu'est-ce qu'un CPEF?

Un CPEF est un centre où les parents peuvent passer du temps avec leur(s) enfant(s). On peut y trouver plein de ressources et programmes qui répondent aux besoins des enfants francophones âgés de 0 à 6 ans dans toutes les dimensions de leur développement.

Contactez nous pour plus de renseignements au Joanne 204-885-8000 ext. 133, Email: Romeodallaire@cpefmb.org ou visitez notre site web: www.cpefmb.org

CPEF Roméo-Dallaire | www.cpefmb.org
81 Ch. Quail Ridge | Wpg, MB | R3T 5W4 | 831-1060

What's a CPEF? The cpef is a french resource center where parents can spend quality time with their children. The center offers services and programs that promote healthy early childhood development, especially in literacy, nutrition, parenting and community capacity building.

For more information on our programs contact Joanne 204-885-8000 ext. 133, Email: Romeodallaire@cpefmb.org or visit our website: www.cpefmb.org



HERITAGE PARK FAMILY RESOURCE CENTRE
 1 Braintree Crescent

Open Monday to Friday offering parent/child programs
 (prenatal to 5 yrs)

Registration Required Contact Jackie at 204-895-2519 Email: frjackie@mts.net

CITY OF WINNIPEG FREE PUBLIC Swimming & Skating



**ST. JAMES-ASSINIBOIA
 CENTENNIAL POOL 644 PARKDALE ST**

FREE FAMILY SWIM:
 Wednesdays 2:00 p.m. - 4:30 p.m.

**ST. JAMES-ASSINIBOIA
 CIVIC CENTRE 2055 NESS AVE**

FREE FAMILY SWIM:
 Fridays 7:30 p.m. - 9:30 p.m.

FREE SKATING:
 Saturdays 2:15 p.m. - 3:15 p.m.
 Mondays 11:00 a.m. - Noon

WESTWIN KIDS CARE

Register: 204-833-2500 ext. 2491 (min. 24 hrs in adv.)
 630 Wihuri Road

The Military Family Resource Centre offers child care on a casual basis for children 6 mths - 5 yrs of age. If you need some time for yourself to work out/run errands/appointments/take a break - perhaps we can help. This program meets quality standards as licensed by Manitoba Early Learning and Child Care.

Tuesday & Thursday 9:00 a.m. - 4:00 p.m. (hourly) 9:00 a.m. - 12:00 p.m.

Fees: \$5.00/Hour or
 Children under 12 years: \$12/3 hrs or \$28/7 hrs (siblings ½ price)
 Children over 12 years: \$10/3 hrs or \$24/7 hrs (siblings ½ price)



MILITARY FAMILY RESOURCE CENTRE

102 Comet St. / 642 Wihuri Road

For information: 204-833-2500 ext. 2491
www.familyforce.ca / www.facebook.com/WinnipegMFRC

A PARENT COMMUNITY

Fridays 9:30 a.m. - 11:30 a.m. December 12th & 19th
 (No group on December 5th) MFRC 102 Comet Street

Drop in program for informal parenting discussions. Free child care available for children +18 months. Younger children remain with their parent.

CREATIVE TOTS

Thursdays, December 4th, 11th & 18th 9:30 - 11:00 a.m.
 630 Wihuri Road (West entrance)
 A drop in play group for parents & children, infant - 5 yrs.

Free Programming

Programs open to the community include
 Nursery School, play groups,
 parenting groups and casual child care.

WINNIPEG PUBLIC LIBRARY PROGRAMS

**Registration for All Programs Begins on Friday,
 December 12th at 10:00 a.m.**

WESTWOOD LIBRARY - 66 Allard Ave - 204-986-4747
 ST. JAMES-ASSINIBOIA LIBRARY - 1910 Portage Ave
 204-986-3425

Baby Rhyme Time

Ages newborn to 24 months & caregiver
 It's never too early to introduce your baby to the wonderful world of books and reading. Together you will discover the joy of songs, finger plays, simple books and bouncing rhymes. Please bring a small blanket to place on the floor for your baby.

St. James-Assiniboia Library
Tuesdays at 10:30 a.m. Jan. 13th - Mar. 3rd

Time for Twos

Ages newborn to 24-36 months & caregiver
 A love of books and reading is a gift that lasts a lifetime. Share this gift with your toddler as together you explore the world of picture books, rhymes, finger plays and felt stories. The group setting provides a fun, social experience for both of you.

St. James-Assiniboia Library
Thursdays at 10:30 a.m. Jan. 15th - Mar. 5th
Westwood Library
Tuesdays at 10:30 a.m. Jan. 13th - Mar. 3rd

Preschool Story Time

Story Time is a 30-minute creative presentation of books, action rhymes, finger plays and felt stories for children ages 3-5 years who are ready to be on their own in a group. A different theme each week provides a fresh introduction to a variety of high-quality picture books. Don't forget to choose a few to take home!

St. James-Assiniboia Library
Fridays at 10:30 a.m. Jan. 16th - Mar. 6th
Westwood Library
Thursdays at 10:30 a.m. Jan. 15th - Mar. 5th

Family Story Time

A story time for the whole family! Stories, rhymes and activities are geared primarily toward children ages 3 - 5; however, younger and older siblings can enjoy being part of the action. Parents also attend with their children, so everyone joins in the fun!

St. James-Assiniboia Library
Saturdays at 10:30 a.m. Jan. 17th - Mar. 7th
Westwood Library
Thursdays at 6:30 p.m. Jan. 15th - Mar. 5th





December 2014



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Sansome 9:30 - 11:00 Family Gym 6:00 - 7:30 PM	2 Family Gym 9:30 - 11:00 Lakewood 6:00 - 7:30	3 Deer Lodge 9:30 - 11:00 Parent Session Parenting Styles 10:00 - 10:30	4 Crestview 9:30 - 11:00	5 Buchanan 9:30 - 11:00 SRR 9:30-10:30 WW Church	6
7	8 Sansome 9:30 - 11:00 Family Gym 6:00 - 7:30 PM	9 Family Gym 9:30 - 11:00 Lakewood 6:00 - 7:30	10 Deer Lodge 9:30 - 11:00	11 Crestview 9:30 - 11:00	12 Buchanan 9:30 - 11:00	13
14	15 Sansome 9:30 - 11:00 Family Gym 6:00 - 7:30 PM	16 Family Gym 9:30 - 11:00 Lakewood 6:00 - 7:30 Music Ms Sonja	17 Deer Lodge 9:30 - 11:00 Family Holiday Celebration (Music Ms Sonja)	18 Centres Closed	19 Centres Closed	20 
21	22 Programs Closed	23	24	25 Christmas Day	26 	27 
28 	29 Programs Closed	30	31			

January 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4 	5 Sansome 9:30 - 11:00 Family Gym 6:00 - 7:30 PM	6 Family Gym 9:30 - 11:00 Lakewood 6:00 - 7:30	7 Deer Lodge 9:30 - 11:00 Parent Session Public Health Nurse Toilet Training 10:00 - 10:30	8 Crestview 9:30 - 11:00	9 Buchanan 9:30 - 11:00	10
	12 Sansome 9:30 - 11:00 Family Gym 6:00 - 7:30 PM Raising Healthy Eaters Workshop 9:30 - 11:30	13 Family Gym 9:30 - 11:00 Lakewood 6:00 - 7:30	14 Deer Lodge 9:30 - 11:00 Bookworms 6:00 - 7:00 PM	15 Crestview 9:30 - 11:00 HWC 6:00 - 8:00 PM	16 Buchanan 9:30 - 11:00	17
18	19 Sansome 9:30 - 11:00 Family Gym 6:00 - 7:30 PM	20 Family Gym 9:30 - 11:00 Lakewood 6:00 - 7:30	21 Deer Lodge 9:30 - 11:00 Music Ms Sonja Bookworms 6:00 - 7:00 PM	22 Crestview 9:30 - 11:00 HWC 6:00 - 8:00 PM	23 Buchanan 9:30 - 11:00 SRR 9:30-10:30 WW Church	24  
25	26 Sansome 9:30 - 11:00 Family Gym 6:00 - 7:30 PM	27 Family Gym 9:30 - 11:00 Lakewood 6:00 - 7:30 Music Ms Sonja	28 Deer Lodge 9:30 - 11:00 Bookworms 6:00 - 7:00 PM	29 Crestview 9:30 - 11:00 HWC 6:00 - 8:00 PM	30 Buchanan 9:30 - 11:00 SRR 9:30-10:30 WW Church	31 


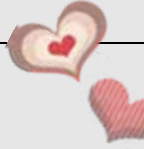

Registration Required for: * HWC - Handle With Care * SRR - Shake Rattle & Roll * Bookworms Book Club * Family Chefs





February 2015



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Sansome 9:30 - 11:00 Family Gym 6:00 - 7:30 PM	3 Family Gym 9:30 - 11:00 Lakewood 6:00 - 7:30	4 Deer Lodge 9:30 - 11:00 Parent Session Make Reading Time a Fun Time 10:00 - 10:30 Bookworms 6-7	5 Crestview 9:30 - 11:00 HWC 6:00 - 8:00 PM	6 Buchanan 9:30 - 11:00 SRR 9:30-10:30 WW Church	7
8	9 Sansome 9:30 - 11:00 Family Gym 6:00 - 7:30 PM Raising Healthy Eaters Workshop 9:30 - 11:30 AM	10 Family Gym 9:30 - 11:00 Lakewood 6:00 - 7:30	11 Deer Lodge 9:30 - 11:00 Bookworms 6:00 - 7:00 PM	12 Crestview 9:30 - 11:00	13 Buchanan 9:30 - 11:00 SRR 9:30-10:30 WW Church	14  Valentine's Day
15	16 Programs Closed	17 Family Gym 9:30 - 11:00 Lakewood 6:00 - 7:30	18 Deer Lodge 9:30 - 11:00 Bookworms 6:00 - 7:00 PM	19 Crestview 9:30 - 11:00	20 Buchanan 9:30 - 11:00	21 
22	23 Sansome 9:30 - 11:00 Family Gym 6:00 - 7:30 PM	24 Family Gym 9:30 - 11:00 Lakewood 6:00 - 7:30	25 Deer Lodge 9:30 - 11:00	26 Crestview 9:30 - 11:00	27 Buchanan 9:30 - 11:00	28 

Registration Required for: * HWC – Handle With Care * SRR – Shake Rattle & Roll * Bookworms Book Club * Family Chefs

FAMILY FOCUS

Bringing families and the community together...

Visit St. James-Assiniboia
Parent Child Coalition online at
www.sjapcc.ca



Connect with us on Facebook

Follow us on Twitter

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Parent Child
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Family Focus Spring Issue will be available March 2015