



ST. JAMES-ASSINIBOIA
Parent Child
Coalition

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

FALL

2017

FAMILY FOCUS

Inspiring Play with Loose Parts

If you spent a day at the beach this summer you may have noticed your child was kept busy for hours playing with loose parts found on the beach - rocks, shells, plants, feathers, etc. You have probably noticed more than once that your child is often more interested in the boxes and packaging of a gift than the actual gift itself. Loose parts include objects that children can manipulate, control and change in a variety of ways while they play.

The benefits of playing with loose parts include:

- enhances imagination and creativity
- develops language and communication
- supports problem solving and critical thinking skills
- engages children in more physically active play

So What are Loose Parts?

Stones, baskets, logs, stumps, ribbons and bows, pieces of fabric or wool, popsicle sticks, buttons, beads, plastic bottles and lids, paper tubes, flowers, seeds and acorns, washers and nuts, shells, pompoms, old marker lids, foam shapes, plastic shower curtain rings, clothespins, different sizes of tubing, variety of wooden spoons

*** Supervision of infants/toddlers are required for small loose parts (choking hazard)*



Photo: <https://everydaybeginnew.com/>

We are excited
to introduce free
play with loose
parts at all our
Parent Child Drop
In Centres this
fall.



Parent Child Drop In Centres!

Parent Child Drop In Centres offer a warm, friendly and nurturing environment for families with children birth - 6 years of age to come together and play. Each week we offer creative activities, nutritious snacks and circle time with songs, rhymes and story. Drop in and visit and get to know other families in the community.

All programs are FREE and no registration is required.

Monday Mornings	Tuesday Evenings	Wednesday Mornings	Thursday Mornings	Friday Mornings
9:30 – 11:00 a.m. Sansome School 181 Sansome Ave. Starts Sept. 11	6:00 – 7:30 p.m. Sansome School 181 Sansome Ave. Starts Sept. 12	9:30 – 11:00 a.m. Deer Lodge Community Club 323 Bruce Ave. Starts Sept. 13	9:30 – 11:00 a.m. Crestview School 333 Morgan Cres. Starts Sept. 21	9:30 – 11:00 a.m. Buchanan School 815 Buchanan Blvd. Starts Sept. 15

Fall Programs

Families are invited to join us on a musical adventure as we use singing, instruments, movement, stories and rhythmic rhyme to explore the musical world! "Rhythm and Rhyme" enhances the social, emotional and intellectual world of the child while improving their motor, language and literacy skills through the gift of music!



Theme: Autumn Jamboree

Dates: October 5, 12, 19 and 26

Time: Thursday Evenings 6:15 – 7:00 PM
Doors open at 6:00

Location: Messiah Lutheran Church
(400 Rouge Rd)

Registration Required:
online www.sjapcc.ca
email: familyresource@sjsd.net



Families are invited for a morning of reading, baking and sharing together at our Deer Lodge Parent Child Drop In Centre (323 Bruce Ave). **No registration required.**

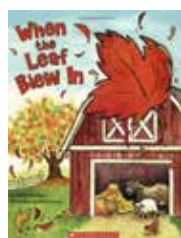


Date: September 27, 2017

Theme: ABC's

Book: Chicka, Chicka, Boom Boom

Cook: Alphabet Trees



Date: October 25, 2017

Theme: Fall Fun

Book: When the Leaf Blew In

Cook: Fruit Cornucopias



Date: November 29, 2017

Theme: Pasta Party

Book: On Top Of Spaghetti

Cook: Noodles and Tomato Sauce



Family Gym Drop In offers families the opportunity to be active and discover fun in the gym! We have bikes, balls, 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.

Tuesday Mornings

9:30 – 11:00 AM
Westwood Community Church
401 Westwood Dr.

Starts Tuesday September 19

Mondays Evenings

6:00 – 7:30 PM
Westwood Community Church
401 Westwood Dr.

Starts Monday November 6





Shake Rattle & Roll is a physical activity program for preschool children and their parent or grandparent. This exciting program promotes the importance of physical activity in pre-school play. Weekly sessions offer a variety of games and equipment to develop children's gross motor skills.

Fridays

Session 1: Sept 29, Oct. 6, 13, 20

Session 2: Nov. 17, 24, Dec. 1, 8

Time: 9:30 – 10:30 AM

Westwood Community Church
(401 Westwood Dr)

*** Registration is not required,
just drop in and join the FUN!*



Family Chefs is a five-week cooking program for families with children 3 – 5 years of age. Together, adults and children will prepare tasty and nutritious recipes as well as participate in fun interactive activities, crafts, songs and stories. These experiences will help set the stage for the development of life-long healthy eating habits and behaviours.

Mondays

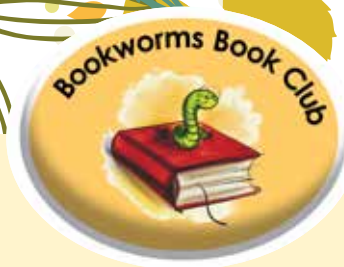
Oct. 16, 23, 30, Nov. 6 and 13.

Time: 9:30 – 11:30 AM

Bourkevale Community Club
(100 Ferry Rd)

To Register:

Online: www.sjapcc.ca
Email: familyresource@sjsd.net
Call: 204-998-8400



Bookworms Book Club is a free interactive family literacy program to be enjoyed by parents/grandparents and young children. (Ages 2-6 years) Each week features a puppet show, crafts, songs, rhymes and stories. Join us for this 6-week program and get to know other families in the community.

Wednesday Evenings 6:00 – 7:00 PM

Oct. 4, 11, 18, 25, Nov. 1, 8

Westwood Community Church
(401 Westwood Drive)

To Register:

Online: www.sjapcc.ca
Email: familyresource@sjsd.net
Call: 204-998-8400



JUMP START INTO KINDERGARTEN

• AN EVENING FOR 4 YEAR OLDS & THEIR FAMILIES •

If your child was born in 2013, you and your child are invited to a special evening to learn and play together.

OCTOBER 25, 2017

6:00PM - 7:15PM

STEVENSON SCHOOL

1777 SILVER AVENUE



Rotate through play-based centres that model how to incorporate literacy & numeracy into your play at home.

REGISTRATION: <http://jumpstart-oct25.eventbrite.ca> or call Sharon Desrosiers at 204-888-7951 ext#2017



PARENTING



www.PregnancyInfo.ca

The Society of Obstetricians and Gynaecologists of Canada (SOGC) is pleased to announce the release of an exciting new website to inform women who are pregnant or plan to become pregnant about the relevant evidence-based information they need for a healthy pregnancy.

www.newdadmanual.ca

24 Hour Crib side Assistance – a site for Dads by Dads

www.mysdadmatters.wordpress.com/my-child-matters

Cues and Clues
Child Development
Tip Sheets for
Fathers



http://www.talkwithmebaby.org/learn_the_skills

Talk With Me Baby promotes some basic guidelines for talking and engaging with your child.

www.outsideplay.ca

An online tool to help parents and caregivers gain the confidence to allow their kids to engage in more outdoor play.

www.manitobaparentzone.ca

The Manitoba Parent Zone website has resources and information to help make the best decisions for your family.

www.ppdmanitoba.ca

PPDAM – Postpartum Depression Association of Manitoba

Introduction to Stress Management

The first session will provide an introduction to stress and an opportunity to explore how stress affects you personally. The second session will provide some practical everyday strategies to cope with stress so that you can enjoy life more.

To register, call 204-940-2364

Your attendance at both free sessions is recommended.

Next Session

Nov 8th, 4:30-6:00 pm
Nov 22nd, 4:30-6:30 pm

Access Winnipeg West
280 Booth Drive
Room 209 – 2nd Floor

Sleep Information Session

This free session will be presented by the psychologist at Access Winnipeg West. It will provide some basic information on sleep, sleep hygiene, common sleep problems and where to access sleep services.

To register, call 204-940-2364

Next Session

October 2nd, 2017
4:30 – 6:30 pm

Access Winnipeg West
280 Booth Drive
Room 209 – 2nd Floor

Parenting Tips for Picky Eaters

Join us for a free workshop aimed to help parents learn new tools to help their picky eaters. The workshop will include dietary considerations and helpful parenting strategies co-taught by the dietitian and psychologist of Access Winnipeg West.

To register, call 204-940-2364

Next Session

October 25th, 2017
4:30 – 6:30 pm

Access Winnipeg West
280 Booth Drive
Room 209 – 2nd Floor



Reaping in the Benefits of the Fall Harvest

As the sunny days of summer are coming to an end, many of us are beginning to reap the benefits of the farms and gardens in our area. Squash, zucchini, beets, carrots, beans, potatoes and more are ripe for the picking. Many of us (me included) end up with more produce than we can handle. After making zucchini muffins, zucchini bread, zucchini stir fry, zucchini lasagna, zucchini fritters –you get the picture- there is still more zucchini! Here are some ideas for taking care of the bountiful harvest:

1. Home Food Preservation

- Freeze, can, dry and pickle your fruits and vegetables. Make salsa out of all those tomatoes, pickle cucumbers and beets, dry herbs for cooking, and freeze your beans for a mid-winter taste of summer.
- Freezing is one of the easiest methods of home food preservation (see recipe). To learn more about home food preservation methods, check out these websites for safety information, step by step methods and recipes:

- <http://nchfp.uga.edu/>

- <http://extension.psu.edu/food/preservation>

2. Food Storage

- Store some vegetables up to 8 months after harvest. Root cellars, cool basements and refrigerators can be used for long term storage of vegetables, depending on the vegetable (see the table below). Make sure your vegetables can breathe! (i.e. don't put them in airtight, plastic bags).
- Pick only the best quality of produce. If the skin is broken or bruised, vegetables will rot very quickly in storage. Make sure your stored vegetables are protected from rodents and insects.

Storage Tips for Some Common Vegetables

Vegetable	When to Harvest	How to Store	Expected Shelf Life
Beets	1-3" in diameter	Cold and moist- use a root cellar or cool basement.	5 months Store without tops
Carrots	When tops are 1" in diameter	Cold and moist- use a root cellar or cool basement.	8 months Store without tops
Potatoes	When vines die back	Cold and moist- use a root cellar or cool basement.	6 months
Onions	When necks are tight, scales dry	Cold and dry- in the refrigerator	4 months

Table adapted from: <http://www.extension.umn.edu/garden/yard-garden/vegetables/harvesting-and-storing-home-garden-vegetables/>

3. Seed Saving

- Some of your produce can be harvested for seeds to plant next year. This saves you from having to buy new seeds each year. Although all seeds can be saved, some of the easiest ones are beans and peas.
- To save pea and beans seeds: 1) Leave some beans or peas pods on your plant after harvest and let them hang on the plant until they are dry and you can hear the seeds rattling in the pods. 2) Break open the dry pods with your hands, inside will be seeds. 3) Store your seeds in a glass jar or closed envelope in a dry, cool location for next year. 4) Make sure to label and date your seeds
- To learn how to save other types of seeds visit: www.howtosaveseeds.com

Frozen Green, Snap, or Wax Beans

1. Select young tender pods when the seed is first formed.
2. Wash in cold water, snip and cut into 2" to 4" lengths.
3. Blanch* beans in boiling water for 3 minutes. Drain and cool.
4. Package in freezer bags, leaving 1/2" headspace. Seal and freeze for up to 12 months.

*Blanching means to scald produce in boiling water or steam for a short time. This helps to keep frozen produce fresh for a longer time.

Submitted by: Kaylee Michnik, RD Public Health Dietitian, St. James & Assiniboine South





AROUND THE COMMUNITY



City of Winnipeg FREE PUBLIC Swimming & Skating



Free Public Swimming

ST. JAMES-ASSINIBOIA CENTENNIAL POOL

644 Parkdale St

Wednesdays 2:00 p.m. - 4:30 p.m.

ST. JAMES CIVIC CENTRE

2055 Ness Ave

Fridays 7:00 – 8:30 p.m.

Free Public Skating

ST. JAMES CIVIC CENTRE

2055 Ness Ave

Mondays 11:00 a.m. – Noon

Saturdays 2:15 – 3:15 p.m.



* check online at
Winnipeg.ca for
schedule changes

St. James Assiniboia 55+ Centre



**3 - 203 Duffield Street
Winnipeg, MB R3J 0H6
Phone: 204-987-8850**

**Email: info@stjamescentre.com
Website: www.stjamescentre.com**

St. James Assiniboia 55+ Centre is an independently operated non-profit charitable organization with a mission to encourage Seniors to improve their quality of life by providing educational, recreational, health and social opportunities.

BREASTFEEDING SUPPORT GROUP

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 Street **Call 204-940-2040**

**Thursdays
10:00 - 11:30 a.m.**



Un Centre de la petite enfance et de la famille (CPEF)

est un centre où les parents peuvent passer du temps avec leur(s) enfant(s). On peut y trouver plein de ressources et de programmes qui répondent aux besoins des enfants francophones âgés de 0 à 5 ans dans toutes les dimensions de leur développement. Voici quelques exemples de nos programmes et services: programmes de littéracie, programme de nutrition, cours de français, programmes pour les familles exogames, foire de la petite enfance, le mini-centre du CRÉE etc. Vous pouvez aller sur notre site web pour avoir plus de renseignements et/ou si vous avez des questions vous pouvez appeler le **204-885-8000 poste 133** ou par courriel à romeodallaire@cpefmb.org



Heritage Park Family Resource Centre

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

Registration Required

Contact Jackie at 204-895-2519 Email: frcjackie@mts.net

1 Braintree Cres.



MILITARY FAMILY RESOURCE CENTRE

102 Comet St. / 642 Wihuri Road

For information: 204-833-2500 ext. 2491

www.familyforce.ca / www.facebook.com/WinnipegMFRC

Casual Child Care

Child Care on a casual basis for children 6 Months - 5 years of age. Register by calling 204-833-2500 ext. 2491 up to a week in advance.

Tuesdays and Thursdays

Hours: 9:00 am - 4:00 pm

(Fees Apply - Contact Centre for Info)

A Parent Community

A free program that offers parents the opportunity to discuss topics related to parenting children of all ages.

Fridays 9:30 - 11:30 am

(Free: Drop-In program)

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 mths)

Tuesdays

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

Sturgeon Heights

Community Centre

210 Rita Street

Thursdays

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

Heritage Victoria

Community Club



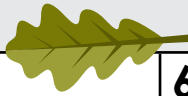



950 Sturgeon Road

**For more information call
Traci 204-885-5415**

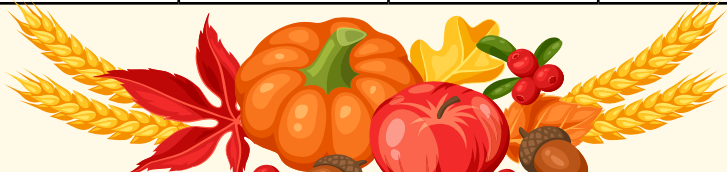


September 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Labor Day	5	6	7	8	9
10	11 Sansome 9:30-11:00 am	12 Sansome 6:00-7:30 pm	13 Deer Lodge 9:30-11:00 am	14 Crestview Closed	15 Buchanan 9:30-11:00 am	16
17	18 Sansome 9:30-11:00 am	19 Family Gym 9:30-11:00 am Sansome 6:00-7:30 pm	20 Deer Lodge 9:30-11:00 am	21 Crestview 9:30-11:00 am	22 Buchanan 9:30-11:00 am	23
24	25 Sansome 9:30-11:00 am	26 Family Gym 9:30-11:00 am Sansome 6:00-7:30 pm	27 Deer Lodge 9:30-11:00 am (Book & Cook Club)	28 Crestview 9:30-11:00 am	29 Buchanan 9:30-11:00 am Shake Rattle Roll 9:30-10:30 am	30 

October 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Sansome 9:30-11:00 am	3 Family Gym 9:30-11:00 am Sansome 6:00-7:30 pm	4 Deer Lodge 9:30-11:00 am Bookworms 6:00-7:00 pm	5 Crestview 9:30-11:00 am Rhythm & Rhyme 6:15 - 7:00 pm	6 Buchanan 9:30-11:00 am Shake Rattle Roll 9:30-10:30 am	7
8	9 Thanksgiving Day Programs Closed	10 Family Gym 9:30-11:00 am Sansome 6:00-7:30 pm	11 Deer Lodge 9:30-11:00 am Bookworms 6:00-7:00 pm	12 Crestview 9:30-11:00 am Rhythm & Rhyme 6:15 - 7:00 pm	13 Buchanan 9:30-11:00 am Shake Rattle Roll 9:30-10:30 am	14
15	16 Sansome 9:30-11:00 am Family Chefs 9:30-11:30 am	17 Family Gym 9:30-11:00 am Sansome 6:00-7:30 pm	18 Deer Lodge 9:30-11:00 am Bookworms 6:00-7:00 pm	19 Crestview 9:30-11:00 am Rhythm & Rhyme 6:15 - 7:00 pm	20 Buchanan CLOSED Shake Rattle Roll 9:30-10:30 am	21
22	23 Sansome 9:30-11:00 am Family Chefs 9:30-11:30 am	24 Family Gym 9:30-11:00 am Sansome 6:00-7:30 pm	25 Deer Lodge 9:30-11:00 am (Book & Cook Club) Bookworms 6:00-7:00 pm	26 Crestview 9:30-11:00 am Rhythm & Rhyme 6:15 - 7:00 pm	27 Buchanan 9:30-11:00 am	28
29	30 Sansome 9:30-11:00 am Family Chefs 9:30-11:30 am	31 Family Gym 9:30-11:00 am Sansome 6:00-7:30 pm				





November 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Deer Lodge 9:30-11:00 am Bookworms 6:00-7:00 pm	2 Crestview 9:30-11:00 am	3 Buchanan 9:30-11:00 am Shake Rattle Roll 9:30-10:30 am	4
5	6 Sansome 9:30-11:00 am Family Chefs 9:30-11:30 am	7 Family Gym 9:30-11:00 am Sansome 6:00-7:30 pm	8 Deer Lodge 9:30-11:00 am Bookworms 6:00-7:00 pm	9 Crestview 9:30-11:00 am	10 Buchanan 9:30-11:00 am Shake Rattle Roll 9:30-10:30 am	11
12	13 Sansome 9:30-11:00 am Family Chefs 9:30-11:30 am	14 Family Gym 9:30-11:00 am Sansome 6:00-7:30 pm	15 Deer Lodge 9:30-11:00 am	16 Crestview 9:30-11:00 am	17 Buchanan 9:30-11:00 am Shake Rattle Roll 9:30-10:30 am	18
19	20 Sansome 9:30-11:00 am	21 Family Gym 9:30-11:00 am Sansome 6:00-7:30 pm	22 Deer Lodge 9:30-11:00 am	23 Crestview 9:30-11:00 am	24 Buchanan CLOSED Shake Rattle Roll 9:30-10:30 am	25
26	27 Sansome 9:30-11:00 am	28 Family Gym 9:30-11:00 am Sansome 6:00-7:30 pm	29 Deer Lodge 9:30-11:00 am (Book & Cook Club) Bookworms 6:00-7:00 pm	30 Crestview 9:30-11:00 am		

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

EDITORIAL BOARD



ST. JAMES-ASSINIBOIA
**Parent Child
Coalition**

Sandra Doell

Family Resource Coordinator
204-998-8400

Lisa Twomey

Copy Consultant

Family Focus Winter Issue will be available December 2017