



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

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



**Winter**  
**2017-2018**

# FAMILY FOCUS

## Fun Ways to Develop Early Literacy With Your Child



*Submitted by Deidre Sagert, Early Years Support Teacher, St. James-Assiniboia School Division*

Learning to read and write doesn't start in kindergarten - developing language and literacy skills starts as soon as your child is born! It happens through daily loving interactions such as sharing books, telling stories, singing songs and talking to one another. These simple daily activities will help your child become a reader and writer! Research shows that the early years are critical to developing a lifelong love of reading. Here are a few tips for you to incorporate into your daily activities:

### 1) Talk with your child — all day long!

Describe the weather or the laundry you are sorting. Talk about the pictures in a book or things you see on a walk. By listening, your child learns words, ideas, and how language works.

### 2) Sing, Read, Repeat – every day!

Read favorite stories and sing favorite songs and rhymes over and over again. This will strengthen language development and build enthusiasm for reading. Seek out books about things your child especially likes — trains, animals, the moon, etc. Go ahead and read your child's favorite book for the 100th time!

### 3) Keep reading short and fun!

Young children need to move, so don't worry if they act out stories or just skip, romp, or tumble as you read to them. They may be moving, but they are listening!

### 4) Ask questions

Take time to listen to your child's answers, and let your child ask questions too! Use the story to engage in conversation about familiar activities and objects.

### 5) Make the story come alive!

Read to your child with humor and expression. Use different voices. Ham it up!

### 6) Make it personal

Talk about your own family, pets or community when you are reading about others in a story.

### 7) Let children tell the story

Children as young as three years old can memorize a story, and love to be creative through storytelling. Encourage children to make up a different story, or change the ending.

### 8) Encourage play that involves naming, describing, and communicating

Set up a zoo with all the stuffed animals. Stage a race with the toy cars. Put your child in charge and ask lots of questions.

### 9) Point out print everywhere

Talk about the written words you see in the world around you. Ask your child to find a new letter or word on each outing.

### 10) Use your child's name

Point out the link between letters and sounds. Say, "The word snake begins with the same sound as your name – Sally, snake. And they both begin with the letter S."

### 11) Encourage drawing and writing

Children need lots of experiences with crayons, markers, etc. to gain fine motor control. Celebrate each attempt! They will soon learn that the marks they made on the page convey a message or story.

**“Children  
are made  
readers on  
the laps  
of their  
parents.”**

– Emilie Buchwalk



## A Special Thank You ❄️ ❄️



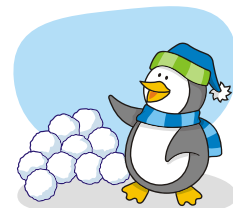
The St. James-Assiniboia Parent Child Coalition would like to extend a big THANK YOU to all of our Community Partners. These partnerships enable us to extend and enhance the programs we offer families and young children. Whether it is space in your building, lending equipment or sharing your knowledge, your partnership assists us in helping to achieve our vision of providing the best possible outcomes for children. You are proof that it really does take a village to raise a child!

*"Alone we can do so little; Together we can do so much." – Helen Keller*

### Community Partners:

St. James-Assiniboia School Division  
 WRHA – Access Winnipeg West  
 Deer Lodge Community Club  
 Westwood Community Church  
 Messiah Lutheran Church  
 Early Learning and Care  
 St. James-Assiniboia 55+ Centre  
 The Salvation Army Heritage Park Temple  
 YMCA-YWCA of Winnipeg - West Portage Branch  
 Scott Johnston MLA for St. James

Hon. Scott Fielding MLA for Kirkfield Park  
 St. James-Assiniboia Neighbourhood Immigrant Settlement program  
 Bookmates  
 Winnipeg Public Library (St. James and Westwood Branches)  
 Community Venture  
 Heritage Park Children's Programs  
 Bourkevale Community Club



## Family Holiday Celebration

**Wednesday December 13**

**Time: 9:30 – 11:00 AM**

Deer Lodge Community Club (323 Bruce Ave)



**Pancake Breakfast**



**Photo Booth**



**Face Painting**



**Crafts**



**Santa**



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.

### **Mondays Evenings**

6:00 – 7:30 PM

Westwood Community Church  
 401 Westwood Dr.

### **Tuesday Mornings**

9:30 – 11:00 AM

Westwood Community Church  
 401 Westwood Dr.

• Closed for the holidays from Dec. 20 – Jan. 5 • Please bring indoor shoes to wear during Family Gym





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:** January 31, 2018

**Theme:** Gingerbread

**Book:** Gingerbread Baby by Jan Brett

**Cook:** French Toast Gingerbread

**Date:** February 28, 2018

**Theme:** Love

**Book:** Love Monster by Rachel Bright

**Cook:** Strawberry Yogurt Parfaits

This fun program promotes the importance of physical activity in preschool play.

**\* No registration required**

**Dates:**

January 12, 19, 26 and February 2, 2018

**Time:** Friday mornings 9:30 – 10:30 AM

**Location:**

Westwood Community Church  
(401 Westwood Dr)

Families are invited to join us for a musical adventure as we use singing, instruments, movement, stories and rhythmic rhyme to explore the musical world!

**Theme:** Winter Fun

**Dates:** January 11, 18, 25, Feb 1

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

**Location:** Messiah Lutheran Church  
(400 Rouge Rd)

**Registration Required:**

Online: [www.sjapcc.ca](http://www.sjapcc.ca)

Email: [familyresource@sjsd.net](mailto:familyresource@sjsd.net)

## 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.** For the well-being of your own child as well as others, please do not come to the Centres if you or your child are ill. We'll be happy to see you again when you are well.

**PLEASE NOTE:**

- Parent Child Drop In Centres will be closed for the holidays from Dec. 21 - Jan.5, 2018.
- Reminder in the wet weather to please bring inside shoes to wear at the Centres.



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



## St. James Assinboia School Division Kindergarten Information Evenings 2018

To learn more about your child's journey to Kindergarten, please join us at 7:00 p.m. at your catchment school's Kindergarten Information Evening on the following dates:



Monday	Tuesday	Wednesday	Thursday
<b>January 22</b> Assiniboine School Bannatyne School Robert Browning School	<b>January 23</b> Brooklands School Crestview School Heritage School Stevenson-Britannia School	<b>January 17</b> Lakewood School Phoenix School  <b>January 24</b> Buchanan School Strathmillan School	<b>January 18</b> Athlone School Linwood School  <b>January 25</b> Sansome School Voyageur School





# PARENTING



## BABY BLUES and BETTER DAYS

(Funded by SHOPPERS LOVE YOU.)

**Sunday afternoons: Jan 14, 21, 28  
and Feb 4, 2018  
2:00 - 4:00 PM**

**Mood Disorders Association of  
Manitoba  
100 - 4 Fort Street**

This 4-week course for new or expectant mothers and fathers will address issues and concerns that can come with the birth of a baby.

**To register, contact:**

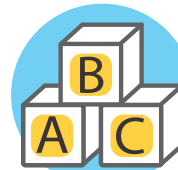
**jenniferh@mooddisordersmanitoba.ca  
204-250-3079**

**www.newdadmanual.ca**

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

**www.mydadmatters.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.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

### 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  
March 6, 2018  
5:00 – 7:00 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  
February 15th, 2018  
2:00 – 4:00 pm**

Access Winnipeg  
West

280 Booth Drive  
Room 209 – 2nd Floor

### Introduction to Stress Management

Join us for two free sessions presented by Dr. Jo Ann Unger and Ms. Nicole Neault. 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 sessions:**

**Feb 9th, 2:00-3:30 pm  
Feb 23rd, 2:00-4:00 pm**

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

### Parenting Today 2017-2018

**St. James-Assiniboia School Division**

Workshops will be held from 6 – 8 p.m. at Educational Support Services – Jameswood School, 1 Braintree Crescent (off Olive & Ness).

### SELF-REGULATION STRATEGIES FEBRUARY 6, 2018

*Presented by the Occupational Therapy Team,  
Educational Support Services, St. James-  
Assiniboia School Division.*

Self-regulation is the ability to efficiently and effectively recognize and respond to stress. This seminar will focus on the sources of stress behaviours and will review practical strategies to help you and your child overcome stress to achieve an optimal state for learning.

**FREE CHILDCARE IS PROVIDED FOR SESSIONS.** When registering please indicate for how many children and their ages. Once registered for any session, **IF YOU CANNOT ATTEND, please cancel** by contacting Arlie Williams-Taylor at 204-885-9555 or ptregrations@sjsd.net



## Cooking with Children



Cooking with children provides an opportunity for family fun and a variety of learning experiences. Involving your child in the kitchen early can boost self-confidence and help establish life long healthy eating behaviours. Here are a few tips to get your child more involved in the kitchen.

### Cooking with 2-3 year olds

Very young children like to explore with their senses of sight, touch, smell, hearing and tasting. They also like to do things on their own. Try letting your kids:

- Wash fruits and vegetables in the sink
- Add items to dishes (like chopped tofu to a casserole)
- Smell food, herbs and spices you are using
- Help find ingredients in the fridge or cupboard
- Put paper cups into muffin tins

Keep in mind, some kids may be happy to watch you cook and talk about what you are doing. An empty pot on the floor with a spoon keeps their hands busy. Be sure to ask lots of questions about what they are making that smells so good!

### Cooking with 3-4 year olds

At this age, children may be more interested in talking than eating! Either way, cooking keeps them interested in food. Try letting your kids:

- Remove eggshells from hard-boiled eggs
- Pour from a small pitcher or measuring cup
- Make a simple sandwich or pizza with pre-assembled ingredients
- Describe the colour, taste and shape of food
- Mash sweet potatoes, turnips, carrots or bananas

### Cooking with 4-6 year olds

At this age, some kids may show signs of being a picky eater. While the food they prepare might not make it to their fork, try to be patient knowing that cooking is helping them warm up to the idea of trying new foods. Try letting your kids:

- Assemble foods: make trail mix or their own yogurt smoothie with toppings you've prepared
- Stir ingredients together (like muffins, pancakes, sauces)
- Slice soft-cooked vegetables, soft fruit, cheese or tofu with a plastic knife
- Crack and beat an egg
- Cook with a friend for a fun play date

\* [www.eatrightontario.ca](http://www.eatrightontario.ca)



## Whole Wheat Buttermilk Pancakes

(makes 6-8 pancakes)

- 1 egg
- ½ cup (125 ml) all-purpose flour
- ½ cup (125 ml) whole wheat flour
- 2 tbsp (30 ml) melted margarine or canola oil
- 2 tbsp (30 ml) sugar
- 2 tsp (10 ml) baking powder
- 1 cup (250 ml) buttermilk (or soured milk)
- 2 tbsp (30 ml) canola oil for frying (or use non-stick spray)

### THE HOW TO:

1. Combine buttermilk, eggs and oil. (If you do not have buttermilk, add 1 tbsp white vinegar or lemon juice to 1 cups regular milk and let stand for 5 minutes).
2. In a separate bowl, mix dry ingredients together.
3. Stir liquid ingredients into dry. Stir until just mixed. Batter will be thick and may have some lumps.
4. Heat a non-stick fry pan. Brush with a small amount of oil or spray with cooking spray. Spoon batter onto hot pan. When bubbles appear on the surface of the batter, flip pancake to cook other side.
5. Continue until all pancakes are cooked. Serve with applesauce or yogurt.

Recipe adapted from: Simply Heart Smart Cooking



www.foodnetwork.com



### Pancake Song

Mix a pancake,  
Beat a pancake,  
Put it in a pan.  
Cook a pancake,  
Toss a pancake,  
Catch it if you can.





# AROUND THE COMMUNITY



## City of Winnipeg FREE PUBLIC Swimming & Skating

\* check online at [Winnipeg.ca](http://Winnipeg.ca) for schedule changes

### Free Public Swimming

**ST. JAMES-ASSINIBOIA CENTENNIAL POOL**  
644 Parkdale St  
Wednesdays 2:00 – 4:30 p.m.

**ST. JAMES CIVIC CENTRE**  
2055 Ness Ave  
Fridays 7:30 – 9:30 p.m.

### Free Public Skating

**ST. JAMES CIVIC CENTRE** 2055 Ness Ave

**Mondays 11:00 a.m. – Noon**  
**Jan. 8 – Mar. 19, 2018**  
(cancelled Feb. 19)

**Saturdays 2:15 – 3:15 p.m.**  
**Jan. 6 – Mar. 17, 2018**



## WINNIPEG PUBLIC LIBRARY PROGRAMS

**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.

Fridays, Jan. 19 – Mar. 16, 10:30AM to 11:00AM, registration required

### Time for Twos

Ages 24-36 months & caregiver.

Tuesdays, Jan. 16 – Mar. 13, 10:30AM to 11:00AM, registration required



### Family Story Time

Story time for children ages 3-5 years old with parent/caregiver.

Thursdays, January 18 – March 15, 10:30AM to 11:00AM, drop-in

### Hearts And Kisses

Valentine's Day fun with stories for the whole family followed by Valentine's Day card crafting.

Best enjoyed by ages 3 to 5 Sat., Feb. 10, 2:00PM to 2:45PM, registration required.

## St. James Assiniboia 55+ Centre



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

**Email: [info@stjamescentre.com](mailto:info@stjamescentre.com)**  
**Website: [www.stjamescentre.com](http://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](mailto: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](mailto: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](http://www.familyforce.ca) / [www.facebook.com/WinnipegMFRC](https://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**



# December 2017



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

# January 2018

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







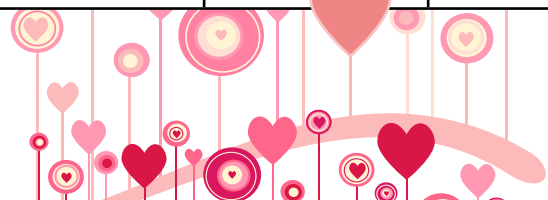






# February 2018



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

## 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

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Family Focus Spring Issue will be available February 2018