



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



# FAMILY FOCUS

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

## ANNUAL

**FAMILY  
PICNIC**

**WEDNESDAY  
JUNE 20TH**  
10:30 AM - 12:30 PM

**Deer Lodge Community Club (323 Bruce Ave.)**

Families with children 0 - 6 years of age

**BRING YOUR SUNSCREEN, BUG SPRAY & BLANKET**

- ★ **FREE Lunch**
- ★ **Face Painting**
- ★ **Crafts**
- ★ **Bouncer**
- ★ **Games & Activities**



*"Supported by Healthy Child Manitoba - Putting children and families first"*

## ONLINE SURVEY



**June 1st – 20th**

**The St. James-Assiniboia Parent Child Coalition wants to hear from you!**

We are asking for your feedback to help us evaluate current programs and enhance future initiatives. The survey is brief and should take approximately 5 minutes to complete. Your participation in the survey is completely voluntary and all of your responses will be kept confidential. No personally identifiable information will be associated with your response.

**To participate in the survey visit: [www.sjapcc.ca](http://www.sjapcc.ca)**

**Thank you!**



# 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.



## The last days for Drop-Ins before the summer break are:

May 29 – Tuesday	6:00 p.m. – 7:30 p.m.	Sansome School (181 Sansome Ave.)
June 18 – Monday	9:30 a.m. – 11:00 a.m.	Sansome School (181 Sansome Ave.)
June 20 – Wednesday*	10:30 a.m. – 12:30 p.m.	Deer Lodge Community Club (323 Bruce Ave.)
June 21 – Thursday	9:30 a.m. – 11:00 a.m.	Crestview School (333 Morgan Cres.)
June 22 – Friday	9:30 a.m. – 11:00 a.m.	Buchanan School (815 Buchanan Blvd.)

\* Deer Lodge Parent Child Drop In will be outside in the playground for the summer starting Wednesday July 4th, 2018.

## Parent Child Drop – In Centres will re-open the week of September 10th – 14th, 2018



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.

- Last day for gym drop-in will be Tuesday, June 19th, 2018. Family Gym will re-open Tuesday, September 11th, 2018.
- Please bring indoor shoes to wear during Family Gym



## Sensory Play: How to Create A Sensory Bin

A sensory bin is simply a plastic tub or large container filled with materials and objects that stimulate the senses. Children learn best when they can see, taste, touch, smell or hear something. Sensory Bins provide endless opportunities for children to explore and discover.

### Examples of what can go in a Sensory Bin:

Rocks	Rice	Cereal	Pine Cones	Mud	Water
Sand	Popcorn Kernels	Cooked Spaghetti	Shaving Cream	Shredded Paper	Cotton balls
Buttons	Beans	Pom-Poms	Leaves	Feathers	Jell-O



### Add Fun Tools to provide opportunities for pouring, filling, measuring and more:

Spoons	Funnels	Small Figures	Letters of the Alphabet
Cups	Tweezers	Tongs	Plastic Easter Eggs
Milk Jugs	Shovels	Cookie Cutters	Plastic Animals





# Tuesdays at the Park!



Join us Tuesday mornings from 9:30 – 11:00 a.m. as we take our play outside. Each week we will meet at the playground and explore nature. Pack your hats, sunscreen, bug spray, water bottles and imagination for endless fun and adventure. (Snack Provided)

## July: Woodhaven Community Club Playground

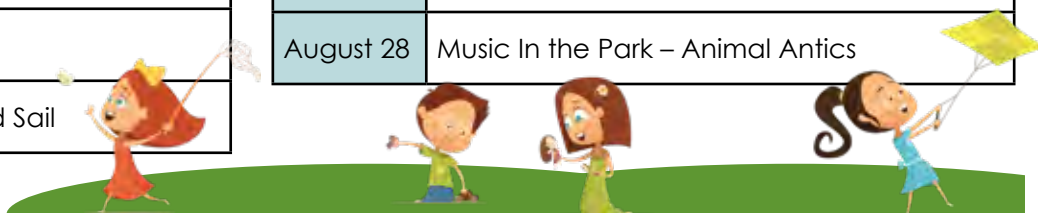
200 Glendale Blvd – Behind the Community Club  
(Program cancelled if raining)

Date	Activity
July 3	Nature Hunt
July 10	Music In the Park – All Around the Garden
July 17	Summer Rocks Visit by: Westwood Public Library
July 24	Mud Pies and Dragonflies
July 31	Music In the Park – Sing and Sail

## August: The Living Prairie Museum Playground

2795 Ness Ave – Entrance at the corner of  
Prairie View Rd  
(Program cancelled if raining)

Date	Activity
August 7	Going on a Bug Hunt
August 14	Bug Swatter Painting Visit by Westwood Public Library
August 21	Nature Play
August 28	Music In the Park – Animal Antics



## Outdoor Parent Child Drop In

(Play is going outside for the summer - Join us as we dig, explore, create, build, climb and more!) Please dress for the outdoors.

**Deer Lodge Community Club Playground (323 Bruce Ave)**

**Wednesdays 9:30 – 11:00**

**July 4, 11, 18, 25 August 1, 8, 15, 22, 29**



## Rock & Read

Rock & Read is a five-week family literacy program where parents and children will enjoy a variety of songs/ rhymes, finger plays and books together. Children will explore themes in books through art activities and activity centers, as well as make some new friends! Parents will create a special homemade book that their child will cherish as they begin their first school year. Please register for one session only.

**Wednesday Mornings**  
**10:00 – 11:30 AM**

**Westwood Community Church**  
(401 Westwood Dr)

**July 4, 11, 18, 25 and August 1**



**Thursday Mornings**  
**10:00 – 11:30 AM**

**Heritage Park Children's Programs**  
(1 Braintree Cres)

**July 5, 12, 19, 26 and August 2**



★ Let the children **PLAY**  
stomp in **PUDDLES** climb **trees**  
Dig in the **DIRT** go on a  
bug hunt make **mud pies**  
**ROLL DOWN** a hill **build**  
a **cubby** make a **daisy chair**  
create a **garden** for **fairies**  
Playing **smarter**  
outside **healthier**  
makes **happier**  
children  
★ Let the children **PLAY**  
<http://progressiveearlychildhoodeducation.blogspot.com>





# PARENTING



## Dial-a-Dietitian

1-877-830-2892  
Call 204-788-8248 in Winnipeg

Free nutrition  
information  
for everyone

## www.manitobaparentzone.ca

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

## 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



## www.ppdmanitoba.ca

PPDAM – Postpartum Depression  
Association of Manitoba



[http://www.talkwithmebaby.org/learn\\_the\\_skills](http://www.talkwithmebaby.org/learn_the_skills)

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



(204) 788-8200  
Toll Free: 1-888-315-9257

Health Links is a 24-hour, 7 days a week telephone information service.

Staffed by registered nurses with the knowledge to provide answers over the phone to health care questions and guide you to the care you need.

Call anytime (204) 788-8200 or toll-free 1-888-315-9257



To help your baby have a healthy brain, visit this interactive website: [www.HealthyBabyHealthyBrain.ca](http://www.HealthyBabyHealthyBrain.ca)



## www.caringforkids.ca

A website providing parents with information about their child's health and wellbeing.

# Behaviour

nobody's perfect

## Stay Calm and Connected



- **Help your child calm down.** Children can choose better behaviour when they are calm. Sometimes they need help to calm down. Babies are often calmed by cuddling, rocking and singing. Sometimes you need to take a child away from the difficult situation. You may find it helps to take a few deep breaths with your child and let your muscles relax.
- **Listen to feelings.** Empathy means being able to understand what other people are feeling. When you try to understand your child's feelings, you show him that his feelings matter. He knows that you respect them. By understanding better the reasons for his behaviour, you build the connections between you. He feels that you care.
- **Help your child put her feelings into words.** Talk about common feelings, like happiness, sadness, fear and anger. Give your child's feelings a name. For example, you might say, "I see that you are sad." Or "I'm glad you're happy today! Did something really good happen?" Children learn how other people feel by talking about feelings. They learn empathy when their own feelings are respected and understood.
- **Accept your child's feelings.** Let your child know it is okay to be upset and angry. Other people have those feelings too. You can accept her negative feelings without accepting negative behaviour. It is okay to be angry, but it is not okay to hit other people.
- **Stay calm.** When your child breaks the rules, losing your temper will not help. Children can think more clearly when you speak calmly. Sometimes it can be very hard for a parent to be calm and reasonable. Be a good example. If you are so angry that you think you might say or do something you will be sorry for, take a moment for yourself. Be sure your child is in a safe place. Spend a few minutes alone until you feel calmer.

For more information about Nobody's Perfect visit [www.nobodysperfect.ca](http://www.nobodysperfect.ca)



Public Health  
Agency of Canada

Agence de la santé  
publique du Canada

Canada



# HEALTHY LIVING



## Discovering the surprising health benefits of cake

**Maybe cake isn't so bad for us after all.**

As a public health dietitian, I often find myself engaged in conversations with my clients about how our perceptions about food affect our health and well-being. In a group discussion with clients on family nutrition a few weeks ago, I asked whether they thought it was okay to eat cake.

After a moment of silence, one individual piped up, "Well, there are no nutrients in cake (and) it has empty calories."

"There is too much sugar in it!" a second person asserted.

And a third person, possibly looking for compromise, offered: "Only if you eat a tiny piece."

Many in the group responded that they ate cake during family celebrations or outings with friends, but that they often felt guilty or anxious about eating it because it wasn't "healthy." Others said they also felt bad about not eating cake, because they wanted some, but knew that it didn't fit into their diet plan.

As the conversation continued, it soon became apparent that everyone in the group – those that occasionally ate cake and those that didn't eat it at all – felt poorly about themselves. Their diets, and feelings of self-worth, were being dictated by the message that some foods are "good" and some are "bad" based on the nutrients food provides, for example, how many calories, nutrients and vitamins are present.

The problem with this message is that it suggests the main value of food is in its physical aspect – how many calories, nutrients and vitamins are present. It does not acknowledge how food and eating contributes to other aspects of our well-being, including our social, mental, spiritual and emotional health. For example, if eating a piece of cake connects us to our friends, family, and culture through its acquisition, preparation, sharing, and celebration, then it is adding great value to our lives, and should be appreciated as more than simply consuming calories and sugar.

Ellyn Satter, an internationally recognized expert on food and eating, had it right when she said: "When the joy goes out of eating, nutrition suffers."

Her point is that all foods can be rewarding, nourishing and healing, and there is nothing wrong with giving ourselves permission to enjoy what we like to eat. Sometimes we will want cake, and at other times we would be better satisfied by a meal. Paying attention to how food makes us feel allows us to find the right match. No matter our size, our history, or any illness we might have, we all deserve to nourish our complete selves with food we enjoy, including cake.

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

### Ukrainian Poppy Seed Cake

Adapted from the Moosewood Cookbook  
By Mollie Katzen

*This is a recipe my grandmother always made for my grandfather on his birthday in the summer. It has a special significance in my family and it's sure delicious to eat outside on the deck with a cup of tea.*

#### Ingredients

Yield: 1 Bundt cake Time: 1 hour

- 1 cup butter, at room temperature
  - 1 cup sugar
  - 3 eggs
  - 2 cups unbleached flour
  - 1 tbsp baking powder
  - 1 tsp baking soda
  - 1/2 tsp salt
  - 3/4 cup poppy seed
  - 1 cup milk
  - 1 tsp vanilla extract
  - 3 tbsp fresh lemon juice
  - 1 tsp grated lemon rind
- Orange glaze
- 1/2 cup orange juice
  - 1 -2 tbsp sugar
  - 1 tbsp fresh lemon juice



#### Directions

1. Preheat oven to 350°F (175°C). Butter a 10 inch tube or bundt pan.
2. **CAKE:** Cream the butter and sugar in a large mixing bowl. Add eggs, one at a time, beating well after each.
3. Sift together the dry ingredients in a separate bowl.
4. Add the dry ingredients to the butter/egg mixture alternately with the poppy seeds and milk; beginning and ending with the dry mixture.
5. Stir batter just enough to blend thoroughly, adding the vanilla, lemon juice and lemon rind at the end.
6. Spread the batter into the prepared pan, and bake for about 40 minutes, or until a toothpick inserted in the cake comes out clean.
7. Cool for 10 minutes, then invert onto a cake platter. Allow to cool completely before adding the orange glaze and/or slicing.
8. **ORANGE GLAZE:** Combine the ingredients in a small saucepan and bring to a boil. Lower heat and simmer uncovered for about 3 minutes.
9. Pour the hot glaze onto the cooled cake. Let stand at least 10 minutes before slicing.



Berry picking is a great activity for the whole family. Go to the link below for a list of U-Pick farms in Manitoba.

[pickyourown.org](http://pickyourown.org)



Farmers Markets provide an assortment of farm fresh and local, fruits and vegetables. For a list of Winnipeg Farmer's Market visit:

[WWW.DIRECTFARMMANITOBA.CA](http://WWW.DIRECTFARMMANITOBA.CA)





# AROUND THE COMMUNITY

## 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.

## Outdoor Water Play Around St. James Wading Pools:

Amherst Park 340 Amherst St.	Marjorie Park 245 Marjorie St.
Bruce Park 1966 Portage Ave	St. Charles Park 3684 Ness Ave
John Steele Park 300 Westwood Dr.	King Edward Park S 334 King Edward St.



## Splash Pads:

St. James Assiniboia Centennial Pool Spray Pad 644 Parkdale St	Sturgeon Heights Spray Pay 210 Rita St
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## 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.

## 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. **(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

**CLOSED for Summer holiday July 30 - August 10th**

For more information call Traci 204-885-5415



## 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: [frjjackie@mts.net](mailto:frjjackie@mts.net)  
1 Braintree Cres.



**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).



## Summer Programming Lineup at Westwood Library!

Enjoy our selection of free programs this summer by registering for each program. Library memberships are not required. We are located at 66 Allard Ave next to the Kinsmen Allard Arena.

Please register for all programs by visiting us, looking online at [wpl.winnipeg.ca/library/](http://wpl.winnipeg.ca/library/) or by contacting us at **204-986-4747**.

### DIG IT! - Thursday, July 5, 10:30AM - 11:15AM

For families (best enjoyed by ages 3 to 5)

Plants are incredible things! Let's have fun with books, rhymes and songs to discover how plants and gardening can better the world around us.

### TALES FOR TODDLERS - Friday, July 6, 10:30AM - 11:00AM

For ages 24 to 36 months

Join us for high-action rhymes, songs, fingerplays and short stories designed to keep your toddler engaged and happy while building pre-reading skills!

### BABIES LOVE BOOKS - Friday, July 13, 10:30AM - 11:00AM

For babies, newborn to 24 months and a parent or caregiver.

Come enjoy rhyming, reading and a rollicking good time with your baby.

### NFB FILM CLUB FOR KIDS - Thursday, August 2, 11:00AM - 12:00PM

For families

Several National Film Board short films are to be enjoyed on the theme of "Indulge Your Passions!"

### MUSICIAN-SEAN HOGAN - Thursday, August 9, 11:00AM - 11:45AM

For families.

Enjoy the music and antics of Sean Hogan, lead singer of Seanster and The Monsters!

### MAGICIAN-RYAN PRICE - Tuesday, August 14, 2:00PM - 2:45PM

For families.






Enjoy the mystifying magic and comedy of Magician Ryan Price.



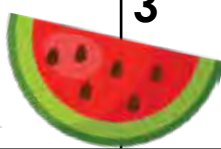
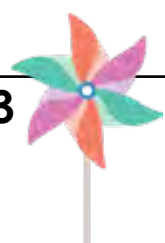





# June 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b> Buchanan 9:30-11:00 am	<b>2</b>
<b>3</b> 	<b>4</b> Sansome 9:30-11:00 am	<b>5</b> Family Gym 9:30 – 11:00 am	<b>6</b> Deer Lodge 9:30-11:00 am	<b>7</b> Crestview 9:30-11:00 am Buchanan 1:30-3:00 pm The Way we Play	<b>8</b> Buchanan 9:30-11:00 am	<b>9</b> 
<b>10</b>	<b>11</b> Sansome 9:30-11:00 am	<b>12</b> Family Gym 9:30 – 11:00 am	<b>13</b> Deer Lodge 9:30-11:00 am	<b>14</b> Crestview 9:30-11:00 am Buchanan 1:30-3:00 pm The Way we Play	<b>15</b> Buchanan 9:30-11:00 am	<b>16</b> 
<b>17</b>	<b>18</b> Sansome 9:30-11:00 am	<b>19</b> Family Gym 9:30 – 11:00 am	<b>20</b> Family Picnic Deer Lodge 10:30 am – 12:30 pm	<b>21</b> Crestview 9:30-11:00 am Buchanan 1:30-3:00 pm The Way we Play	<b>22</b> Buchanan 9:30-11:00 am	<b>23</b>
<b>24</b>	<b>25</b> Centres Closed	<b>26</b> Centres Closed	<b>27</b> Centres Closed	<b>28</b> Centres Closed	<b>29</b> Centres Closed	<b>30</b>

# July 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b>	<b>2</b>	<b>3</b> Nature Hunt 9:30 – 11:00 am	<b>4</b> Outdoor Parent Child Drop In Deer Lodge 9:30 - 11:00 am	<b>5</b> 	<b>6</b>	<b>7</b>
<b>8</b>	<b>9</b> 	<b>10</b> Music in the Park All Around the Garden 9:30 – 11:00 am	<b>11</b> Outdoor Parent Child Drop In Deer Lodge 9:30 - 11:00 am	<b>12</b> 	<b>13</b>	<b>14</b>
<b>15</b>	<b>16</b> 	<b>17</b> Summer Rocks 9:30 – 11:00 am Visit by Westwood Library	<b>18</b> Outdoor Parent Child Drop In Deer Lodge 9:30 - 11:00 am	<b>19</b>	<b>20</b> 	<b>21</b>
<b>22</b>	<b>23</b>	<b>24</b> Mud Pies and Dragonflies 9:30 – 11:00 am	<b>25</b> Outdoor Parent Child Drop In Deer Lodge 9:30 - 11:00 am	<b>26</b>	<b>27</b>	<b>28</b>
<b>29</b>	<b>30</b>	<b>31</b> Music in the Park Sing and Sail 9:30 – 11:00 am	<b>TUESDAYS AT THE PARK –WOODHAVEN COMMUNITY CLUB PLAYGROUND</b> 200 Glendale Blvd (Behind the Community Club)			

# August 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>WEDNESDAYS AT THE PARK – THE LIVING PRAIRIE MUSEUM PLAYGROUND</b> 2795 Ness Ave. (Entrance at the corner of Prairie View Rd.)			<b>1</b> Outdoor Parent Child Drop In Deer Lodge 9:30 - 11:00 am	<b>2</b> 	<b>3</b>	<b>4</b>
<b>5</b>	<b>6</b> 	<b>7</b> Going on a Bug Hunt 9:30 – 11:00 am	<b>8</b> Outdoor Parent Child Drop In Deer Lodge 9:30 - 11:00 am	<b>9</b>	<b>10</b> 	<b>11</b>
<b>12</b>	<b>13</b>	<b>14</b> Bug Swatter Painting 9:30 – 11:00 am Visit by Westwood Library	<b>15</b> Outdoor Parent Child Drop In Deer Lodge 9:30 - 11:00 am	<b>16</b>	<b>17</b>	<b>18</b> 
<b>19</b>	<b>20</b> 	<b>21</b> Nature Play 9:30 – 11:00 am	<b>22</b> Outdoor Parent Child Drop In Deer Lodge 9:30 - 11:00 am	<b>23</b>	<b>24</b>	<b>25</b>
<b>26</b>	<b>27</b> 	<b>28</b> Music in the Park <b>Animal Antics</b> 9:30 – 11:00 am	<b>29</b> Outdoor Parent Child Drop In Deer Lodge 9:30 - 11:00 am Fun with Fit Kids Healthy Kids	<b>30</b>	<b>31</b> 	

## 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 Fall Issue will be available September 2018