



# Downtown Parents

Since 2002, Communities 4 Families (C4F) has been 1 of 26 parent-child centred coalitions across Manitoba providing resources for Healthy Families and Healthy Communities. Located in Downtown Winnipeg, our boundaries include many different communities.

## Getting Ready for School

Here's some ideas that might help your preschool children be ready for school:

- Find out about different cultures and traditions. Children will learn the important skills of understanding, empathy and social responsibility. Try visiting museums, pow wows, outdoor festivals, etc.
- Introduce children to the world of art and music. Children learn by being creative and seeing other's creativity.
- Relationships with family members, elders, neighbours and other children give your children a chance to learn from others.
- The most important thing

you can do as a parent is to have quality time with your children. That means giving your full attention – talking with your children, showing interest in their stories and showing them how much you love them.

- At bed time cuddle, read or sing with preschoolers, and end the day in a happy way.
- Find support - all parents can benefit from parenting support networks and programs.

To find out more about the programs being offered in your community visit:

[www.communities4families.ca](http://www.communities4families.ca)

[www.gov.mb.ca/healthychild/parentchild](http://www.gov.mb.ca/healthychild/parentchild)

Crayons, pencils, children's scissors, glue, scrap paper and old magazines let children make their own masterpieces.

Communities 4 Families  
(Downtown  
Parent-Child Coalition)

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### Of Interest to you:

- Are You Ready for School?
- Nutrition Ideas
- Safety and Reading Tips

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( From: <http://www.gov.mb.ca/healthychild/edi/resources.html> )

## Good Food Ideas



Serve breakfast every day – Children who eat breakfast are more alert in school and are at a healthier weight than those who skip breakfast.

Here are some ideas to start the day:

- Whole grain cereal, milk, banana
- Whole wheat toast, scrambled egg, orange
- Plain oatmeal, yogurt, berries
- Whole grain bagel, nut butter, apple
- Whole grain tortilla with beans and cheese
- Whole grain waffle with applesauce
- Wrap cheese and apple, pear slices, cream cheese with sliced bananas, berries or raisins in a flour tortilla to make a breakfast burrito

Plan ahead for breakfast in the morning:

- Fresh fruits are healthy and easy to eat
- Pre-bagged fruit can be a real time saver!
- Low-fat granola bars and non-fat yogurt are great to grab-and-go!

Does your school has a Breakfast program? Call them to find out.

Pack a healthy lunch with all four food groups to keep energy levels up.

Work together with your children to pack a lunch for the next day.

Think beyond sandwiches! Try:

- Last night's leftovers packed in a thermos
- Pasta, rice or barley salad with vegetables
- Pizza bagels
- Homemade soup
- Stew, dhal or chili



Bake cookies, muffins or bannock together. Let your preschooler help measure out the ingredients with you to learn counting skills.

## Tips for Safe Kids

- An adult or older child should accompany children under nine when crossing the street or when riding bikes.
- Teach your children through play. Play act with toy cars, set up obstacle courses in the park, or point out safe and unsafe behaviour as you walk or ride your bikes.
- Be a good role model. Follow the same rules as you want your child to follow. You may want to cut across the street in the middle of the block, but you want your child to learn to cross at the intersection.



## Get Moving!

Summer and autumn are great times for exploring nature. Walk around your neighbourhood, play in the sand, take nature walks, look for 'treasure,' build an inukshuk, jump in the leaves.

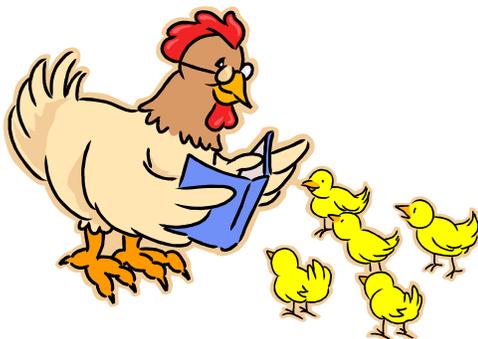
- Outdoor free play is great! And it's free! Join your kids out of doors.
  - On a walk, on the bus, or in a car, sing songs together, count, talk about what you see in your neighbourhood or play the game I Spy.
  - Limit the use of TV, video games, and the computer.
  - Do more walking, hiking, biking, climbing stairs, gardening, household chores. Help your children choose what they will do.
- Make it fun by being active with your children – e.g. dancing, walking, skipping, biking.
  - To be the best parent you can be, take care of yourself. Take time for yourself - sleep, have regular exercise and eat well .
  - Have a good back-to-school routine. These healthy habits are important to for your child to see.



## Tips for Reading with Children

- Read for at least 15 minutes a day.
- Make praise a part of reading.
- Whenever possible, let the child decide what you will read.
- Take turns reading to each other.
- Use different voices to help make the story more interesting.
- Keep the story moving. Help with the difficult words.
- Most important, this is a special time for you and your child to spend together. Make it fun for both of you!

Encourage children to play 'teacher' with their favourite books and a 'classroom' of stuffed toys or dolls.



(from Frontier College—[www.frontiercollege.ca](http://www.frontiercollege.ca))



## Parent Rooms near you...



Check out the parent rooms in your nearby schools. Many have lots of great programs for you and your children. They can be found at:

- **Dufferin School**  
545 Alexander Ave.  
774-3409
- **Greenway School**  
390 Burnell St.  
775-2455
- **Isaac Brock School**  
1265 Barratt Ave.  
772-9527
- **John M King School**  
525 Agnes St.  
775-4404
- **Laura Secord School**  
960 Wolseley Ave.  
986-4796
- **Mulvey School**  
750 Wolseley Ave.  
986-3469
- **Pinkham School**  
765 Pacific Ave.  
786-5749
- **Principal Sparling School**  
1150 Sherburn St.  
783-6195
- **Sister MacNamara School**  
460 Sargent Ave.  
942-6965
- **Wellington School**  
690 Beverley St.  
774-8085
- **Victoria Albert School**  
110 Ellen St.  
943-3459



## Wiggle, Giggle & Munch

A great way for your preschooler to get ready for school is for you to join a Wiggle, Giggle & Munch program. Look for the program at one of these locations this fall:

- Dufferin School
- Greenway School
- Pregnancy and Family Support Services
- Victoria Albert School
- Wellington School
- Wolseley Family Place

You don't need to spend money on expensive toys, the things you have around the house work great. You can use pots and pans, plastic containers, small tins, wooden spoons, cushions, etc. – all make great building toys for creative play.

