



Downtown Parents

Neighbourhood Corner

One of the great programs Communities 4 Families funded last year was a Rock and Read Program for the families at Day Nurseries.

14 families made it to every Rock and Read class. Others attended some of the classes. Many families who did not attend the classes asked if they could come in the future, because they had heard such wonderful things.

Looking for a grant to run a parent-child program? Check out our website (www.communities4families.ca). The deadline for submissions is May 31.

Here's what some of the participants said:



[the facilitator] was great. She's an awesome singer and positive role model for the parents as well as the children. My daughter loves her. Someone else cooking me supper is AWESOME. Doesn't happen often.

This is my only outing in the past few years without all my kids. More Wednesdays out would be great.

I liked... everything! Really. We loved meeting other parents,

eating dinner (having dinner made), learning new songs and making the books so fun!

Learning the new songs to sing with the kids was great; we sing them all the time at home now. And being given the opportunity to use so many supplies to make the books was great since not everyone has access to all of that.

I liked... Everything - the songs with actions, the time to sit and read with my child, and the time with other parents, talking to them and getting to know them better.



Communities 4 Families
(Downtown Parent-Child Coalition)

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We've got a new office! C4F is now sharing space with DMSMCA at 823 Ellice Ave.

Day Nursery Centre
103 - 222 Furby Street
Winnipeg, MB R3C 2A7
(204) 775 6513



<http://communities4families.ca/agencies/view/109>

Your Baby

Have a picnic . Invite another family along! Go on to the park, to the woods, or to your own backyard. Make sandwiches, cook bannock over a fire, play games, have a story time.



Have some planned physical activity:

- Encourage physical activity every day (moving arms and legs, reaching objects, etc.)
- Have objects or toys that help babies move and reach for things
- Have your baby spend some time on his or her tummy.

Have some free physical activity:

- To develop head control, sitting and crawling
- Make sure they have safe places to play, inside and outside

“Screen time”

- Avoid TV and electronics
- Instead – sing, talk, play and read together
- Avoid long periods in high chairs, strollers, etc.



Do lots of talking, singing, and rhyming with young children. All of it helps in learning to talk, learning about language, and even learning to read.



You can't spoil your baby by responding to his/her needs. Babies need human contact and learn they can count on you and others.

You don't have to be perfect to be a great parent. Enjoy each other. Your children grow up quickly.

Information for this newsletter came from :

the Centre of Excellence for Early Childhood Development, Montreal
http://www.excellence-earlychildhood.ca/documents/Parenting_2011-04.pdf and

Get Set For Life <http://fnih.investinkids.ca/?q=cpt>

Your Toddler

Have some planned physical activity:

- Have fun and be active. Play games and have planned activities
- Encourage throwing, catching or kicking a ball

Have some free physical activity:

- Explore the outdoors under adult supervision (have a walk in the park, play in the playground)

“Screen time”

- No more than an hour or two of inactive time (except sleeping!)
- With children under 2, avoid watching TV or DVDs. Playing, reading, or making things are better activities for your toddler.
- Do not put TVs in bedrooms
- Encourage children to walk instead of using the stroller



Encourage preschoolers to try new things, but don't push beyond their limits. Listen to them, especially when they are scared.

Give them lots of time to play alone, with other children, and with you. Play helps to get ready for the world.

Limits are important. Have a few simple rules. “Be gentle” and “No hurting others” are good rules for a toddler.



Bring a favorite toy and a snack when you go out. Make sure the time of your outing works for your child too - naps and snacks are important.



Toddlers need routines. Set a regular bedtime with calming activities - a bath, reading a book, singing a calming song, etc.

Your Preschooler

Being a parent is tough. Find other parents to talk with. Libraries, community or religious centres can all be places of support.

Have some planned physical activity:

- Encourage throwing, catching or kicking a ball
- Focus on participation, not competition

Have some free physical activity:

- Make sure that free play is fun, safe, and allows for trying and exploring new things

“Screen time”

- Limit screen time to 1-2 hours per day
- Encourage reading, sports, hobbies and creative play instead of watching TV
- Encourage children to walk instead of using the stroller



Wiggle, Giggle & Munch

A great way for your preschooler to be active and have fun and learn with you is for you to join a Wiggle, Giggle & Munch program. Look for the program at one of these locations this spring:

- Greenway School (775-2455) –Tuesday mornings
- John M King School (775-4404) – Thursday afternoons
- Family Community Centre (775-9934)–Wednesday afternoons
- Sr. MacNamara School (942-6965) – Monday afternoons
- Wellington School (774-8085) - Wednesday afternoons
- Wolseley Family Place (788-8052)–Wednesday mornings



Instead of walking to grandma’s house, pick up a rope and skip. Sing a song while skipping along.

C4F Recipe Corner



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|---|-----------------------------|
| 1.36 kg Ground beef | 1 or 2 cups water |
| 1 large onion | 2 Tbsp chili powder |
| 1 green pepper | 2 Tbsp Worcestershire sauce |
| 2 celery ribs | 1 Tbsp dried basil |
| 955 ml kidney beans, rinsed and drained | 2 tsp cumin |
| 855 ml tomato sauce | 2 tsp steak sauce |
| 473 ml salsa | 1 tsp garlic powder |
| 429 ml diced tomatoes | 1 tsp salt |
| 310 ml beef broth | 1 tsp pepper |

Ground Beef Chili

In large pot cook beef, onion, green pepper and celery until meat is no longer pink and vegetables are tender. Drain.

Stir in the beans, tomato sauce, salsa, tomatoes, broth, water and seasonings.

Bring to a boil. Reduce heat; simmer, uncovered, for 30 minutes or until chili reaches desired thickness.

-Thanks to The Family Community Centre for supplying this recipe
The Family Community Centre, 475 Sargent Ave. 775-9934
<http://communities4families.ca/agencies/view/100>