



Downtown Parents

10 Years of Wiggle, Giggle & Munch!



Where Did WGM Come From?

In 2001, Communities 4 Families began to meet. One of the first things we did was to do a survey about families in the downtown. We found that there were not many programs for families with children between the ages of 1 and 4. C4F's Healthy Lifestyles committee created Wiggle, Giggle & Munch (WGM) to fill that gap and to encourage physical activity and healthy eating.

A free, drop-in WGM was first run in 2004. We now run trainings to run WGM, have a handbook and a CD with WGM songs, and provide some grants for downtown programs. The program is now run in many places in Winnipeg and Manitoba. We've heard about programs as far away as Prince Edward Island. The handbooks and CDs have been purchased in almost every province and have been sent as far as Australia and Africa.

From A Parent

Being a newcomer in Winnipeg is a great challenge, especially if you have a little one. Coming from a tropical country, it is very easy for us to go outside and play, not worrying about the harsh winds and snow.

I was looking for activities online to keep my daughter active (she was 3 year old then) during those cold months and at the same time preparing her for school when I came across the Communities 4 Families website and the programs that they offer. I came across "Wiggle, Giggle and Munch"! Sounded fun and exciting to me so I decided to attend the program with my daughter and true enough, the program title itself lived up to my expectations!

It was definitely a fun learning experience for me and my daughter. It was a great stepping stone for her in preparation for Nursery as well and it gave me wonderful ideas of activities and snacks that can be realistic and affordable for new immigrants like me! We benefited so much in the program, got connected with the people in our community, learned a lot, stayed active and tried preparing healthy snacks.

We loved it so much that even when the winter months are long over, we still attended the program!

Communities 4 Families
(Downtown Parent-Child Coalition)

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What can you learn from Wiggle, Giggle & Munch?

Learn about being active and eating well right from the start

Learn about community resources that will help your family keep active and healthy

Meet other families in a safe place

All About Wiggle, Giggle & Munch

Have fun and learn with your children through active play, games, action songs and a healthy snack. Parents and their children, ages 1 - 4 years old, are invited to this drop-in program.

Sister MacNamara School
204.942.6965
Tuesdays 9 :15 - 11:15 a.m.

Greenway School 204.774.7298
Tuesdays 9:15-11:15 a.m.

John M King School (Mosaic)
204.775.4404
Tuesdays 1:15 to 3:15 p.m.

Anishinabe Fellowship
204.943.8682 ext 224,
287 Laura
Wednesdays 1-3 p.m.

Wellington School 204.774.8085
Wednesdays 1:15 - 3:15 p.m.

Wolseley Family Place
204.788.8052
in Miseracorida Health Centre
Auditorium , 99 Cornish
Wednesdays 10 - 12 a.m.

IRCOM, 95 Ellen
204.943.8765
Fridays 1-3 p.m.

Sargent Park School 204.775.8985
Saturdays 11 a.m. -12:30 p.m.

The program is free and includes free child-minding for infants.

Physical Activity

Just like reading and writing children need to learn to move. WGM teaches children basic skills like how to hop, skip, and balance.



A Motion Minute

Have your child balance a bean bag on different body parts while standing still.

Balance it on their head, shoulder, arm, hand, elbow, back, knee, foot and ankle.

To make it more difficult have them move around while balancing the bean bags on their body.

Healthy Eating

WGM was developed with healthy eating in mind. Healthy snacks are available and a Munch Minute shared.

A Munch Minute

Kids love to dip their food.



Make a simple and tasty dip for veggies with plain yogurt, cottage cheese, or mashed canned beans. Add a little seasoning like dill, oregano, paprika, or cumin.

For fruit, try using a base of plain yogurt with a sprinkle of cinnamon.

Wolseley Family Place

Wolseley Family Place offers WGM throughout the year and during part of the summer.

Parents are often amazed to see how WGM is teaching their children while they are “just playing”. One mom tells us, “She loves coming to Wiggles. And even though she doesn’t sing the songs when we’re in the circle, she sings them at home—over and over again.”

Some of our Programs

Greenway School

Greenway School began offering Wiggle, Giggle & Munch as a pilot program in April 2004. 10 years later, we are still running this program at the school throughout the school year.

Wiggle, Giggle & Munch is a drop-in program in which parents and their toddlers and pre-school children can take in two hours of active play and a healthy snack as well as a craft. It's drop-in style is one of the things that makes the program so popular.

Parents enjoy Wiggle, Giggle & Munch because it gives them a chance to get out of the house (especially in the winter months) and to mingle with other parents. We have free play time every week before we start. This gives the parents a chance to talk and the children to play, developing friendships along the way.



Some children learn to love new foods at snack time. Different vegetables with dip, hummus and salads were just a few popular choices.

Mosaic Newcomer Family Resource Network Summer WGM

Mosaic started running the Wiggle, Giggle and Munch Program in the Summer of 2011 at Knox Church. It was initially started to provide a free active program for families living in small homes and who couldn't necessarily afford to pay for their children to attend other activities. There were over 50 participants, mostly newcomers, coming from different parts of the world at our first program. Because of its popularity we have continued to run it every summer and plan to have it again this summer. Our Family Programs would not be complete without our summer WGM.

Families who attended the program really enjoyed the fun of being part of the group - they quickly feel a sense of belonging. Fun and laughter hovers over the place as you see facilitators, parents and children play, sing and dance together. Two hours of fun-filled physical activity with a healthy snack gives parents time away from life's daily stresses and fills their bucket so they can go back and be happier and more positive with their children until the next session.

Last summer, when Mosaic did this program at Knox Church many people volunteered as mentee facilitators. There were about 10 people from different cultures with different languages.

The best thing about the program is that it's free and open for everyone! What more could you ask ????



Sargent Park School

The WGM program at Sargent Park School is our only Saturday program. Run by the Filipino women's Initiative, it has been a popular program enjoyed by many in the community. One newcomer family who had only been in Canada for a few months started coming to the program. She said that she was happy to be at WGM because she got to know people in the community, gained new friends and felt like part of a family. She is thankful that her daughter can have this kind of opportunity.

WGM gives the opportunity to allow children to learn in a fun environment.





A healthy child is an active child and an active child is a healthy child.

Upcoming Events

Communities 4 Families Annual General Meeting

Date: Wednesday, June 18
Time: 1:30 p.m.
Location: Robert A. Steen Community Centre
980 Palmerston Ave.

Share some good food. Learn more about us and the programs we've developed and supported over the years.

Communities 4 families invites you to...

Wiggle, Giggle & Munch: Celebrating 10 years

Date: Thursday, May 29
Time: 3:30 - 5:00 p.m.
Location: John M King School
525 Agnes St.

Did you know?

- Wiggle, Giggle & Munch was developed and started in our community 10 years ago!!
- We want to have a party to share our success
- You can join our celebratory reunion and visit with past and current participants and program leaders, sing your favorite WGM songs, and see the program in action once again
- We'll have games, activities, songs, snacks, prizes, and a brief presentation



Communities 4 Families Family Programming Grants

What are Family Programming Grants?

Family Programming grants are intended to assist groups to run family and parenting programs for families with children aged 0-6. They include money for equipment, supplies, and some honoraria. Groups intending to run programs in the Downtown for parents with their children (age 0-6), or parenting programs for parents with children ages 0-6, are eligible.

Applications are due May 30, 2014.

For more information:
E-mail info@communities4families.ca or
leave a message at 204.475.5755



Summer Reading at the Library

Visit WINNIPEG PUBLIC LIBRARY to join the TD Summer Reading Club. No required reading lists - just read for the fun of it! Special events are happening at the library this summer - check out winnipeg.ca/library for more details.



- Kids can have fun, improve their reading skills, and reduce summer learning loss.
- Receive a free activity book, reading log, and stickers when you register for the club.
- Registration Begins Monday, June 23; the program ends Friday, August 15.

