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# Downtown Parents

## Free Summer Fun!

### City of Winnipeg Programs

Check out Priceless Fun at [http://winnipeg.ca/cms/recreation/pdfs/Free\\_programs.pdf](http://winnipeg.ca/cms/recreation/pdfs/Free_programs.pdf)

(includes Two for One Swim coupons for outdoor swimming pools). You'll find details for:

- Children's Free Play Drop-In (6 - 12 year olds)
- Youth Action Centres (13-18 year olds)
- Mobile Play Van (6-12 year olds)



Free Swim (June 29-August 31)

- Cindy Klassen Recreation Complex - Saturday 5-6:30, youth swim (9-19 years) 7-9:45 p.m.
- Freight House Outdoor Pool - Mon-Sun 1-7 p.m. June 29-Sept. 3
- Sherbrook Indoor Pool - Sun 3:30-5, Fri 3:30 - 5 p.m., Friday youth swim (9-19 years) 7-9 p.m.

Spray Pads open every day 10:30 a.m. - 6 p.m. July 1- September 3

- Central Park (400 Cumberland)
- Vimy Ridge Memorial Park (821 Preston Ave.)

Skateboard Park  
Sargent Park Skate Park (Wall St. & Wellington Ave.)

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

Join us at the DMSMCA Open House on Wednesday, June 27, 3-7 p.m.

SPIN is a free sports program designed for children 6-14 years of age that live in inner city neighbourhoods. For a list of host organizations in your area, visit this website starting at the end of June: <http://winnipeg.ca/cms/recreation/spin.stm> or call 250-5682.



Communities 4 Families (Downtown Parent-Child Coalition)

Volume 2, Issue 3

June 2012

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SWISH – a free drop-in basketball program at the U of M Bannatyne campus for 12-18 year olds.

Saturdays 11 am- 5 pm June 30-Aug. 11.

See <http://BasketballsForInnerCityKids.com/swish.html> for more information.

West Broadway Youth Organization has free summer programs for youth. The deadline for applications is June 28. See <http://www.westbroadwayouthoutreach.com/> for more details.

## Summer Literacy

### Keep a Journal

Nature journals are a wonderful way for children as young as 3 to make or draw observations of the world around them while they help you to log each day's date, temperature, sunrise (and whatever else you choose to record every day). Travel journals are an opportunity for children to better appreciate all aspects of family holidays and they are a great place to paste paper souvenirs, receipts, poems and postcards.



@ The Library— find out the most current activities in the Newsletter at <http://wpl.winnipeg.ca/library/>

And Check it out Mobile Library at Dufferin School (2:30-4:30 pm)

- June 11 and 25
- July 9 and 23
- August 13 and 27

Family Literacy Fun Day for families:

- Millennium Library  
Saturday, June 23, 2-4 p.m.
- Cornish Library  
Tuesday, June 26, 6-8 p.m.
- West End Library  
Tuesday, July 17, 2-4 p.m.

### Keep up bedtime reading sessions!

Your child craves routine (yes, even in summer) and reading together is important year-round. Take this time to get into longer adventures or series that might seem overwhelming during the school year (Tolkien's *The Hobbit*, *Harry Potter*?). Create a chart to keep track of books read - stickers are great for younger children and a log of books read can be brought to school for Show & Tell in September.



Do you know where this mural is?

For answers, check out the murals on our Facebook page.

Information for this newsletter came from :<http://www.ourkids.net/blog/top-5-literacy-tips-for-summer/> and <http://familycrafts.about.com/cs/craftsupplies/ht/BubbleMixture.htm>

## Family summer fun!

### Introduce your family to some different music

FREE Lunch concerts!  
Air Canada Park  
355 Portage Ave.

Jun 20	Two Dollar Pistol
Jun 27	Luke and Murray
Jul 4	Leanne Pearson
Jul 11	Salinas Band
Jul 18	The Dead Stringers
Jul 25	Kyla Cederwall
Aug 1	Steele
Aug 8	Troy Westwood ft Little Hawk

Try some of these family summer fun ideas:

- Have a picnic in the backyard
- Have a water balloon fight
- Make mud pies
- Draw on the sidewalk with chalk
- Paint with water all over everything outside. Learn about evaporation.
- Color or paint rocks and put them in the garden
- Make sand castles
- Bake together on a rainy day
- Finger and foot paint outside
- Have a late night and use glo sticks
- Visit many different playgrounds
- Build a bird house or bird bath

### Make your own bubble mixture!

Get out a large bowl.  
Pour 1/2 cup dish soap into the cup.  
Add 1 1/2 cups water to the cup.  
Measure 2 teaspoons of sugar into the water/soap mixture.  
Gently stir your mixture.  
Go outside and blow bubbles!

#### Tips:

Don't shake or stir your bubbles too much.  
Store your bubbles in a tightly sealed container.  
Experiment with blowing bubbles using different items!

## Summer Safety Tips

If it's hot, make sure you keep lots of water nearby, and stay in the shade if you can. Kids should have a drink every 20 minutes if it's hot and they're active.

Did you know that if you're feeling thirsty, you're already mildly dehydrated? Here's some signs of dehydration:

- Dizziness
- Dry mouth
- No sweating
- Dark yellow urine or anuria (lack of urine) for 12 hours (or 6 hours for infants)
- Tearless crying
- Sunken eyes

Help kids avoid becoming dehydrated by reminding them to drink often throughout the day.

Make sure that foods with mayonnaise, milk, eggs, meat, poultry and seafood aren't kept at room temperature for more than an hour.





## 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 summer:

- Wolseley Family Place (788-8052)—Wednesday mornings
- Mosaic may be offering WGM during the summer (see their website at <http://www.mosaicnet.ca/> )



## Great Summer Snacks

- Apple or pear slices, cheese cubes and whole wheat crackers
- Carrot sticks, pita bread slices and yogurt dip
- Ham/chicken/turkey tortilla wraps and cucumber slices
- Orange wedges, animal crackers and cheese cubes
- Mini pita stuffed with tuna or egg salad and apple juice and red/green pepper sticks
- Yogurt mixed with fresh fruit or applesauce and bread sticks
- Raw vegetables, pita bread slices and hummus dip
- Salmon salad on whole-wheat hotdog bun and milk
- Celery with cheese spread or peanut butter and soda crackers
- Grapes, graham crackers and milk
- Fruit salad with yogurt topping and rice cakes
- Trail mix (non-sugar-coated cereals with dried fruits) and milk
- Fruit with yogurt dip

**Snack Well**

Children have smaller tummies than adults and may need to eat every three to four hours.

Serve healthy snacks to keep your kids energized between meals.



Where is this mural?