



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.

Communities 4 Families
 (Downtown
 Parent-Child Coalition)
 Volume 1, Issue 1
 January 2011

Celebrate Family Literacy Day

Join us for Literacy Day fun!

- **Celebrity readers**
 - Troy Westwood
 - Ace Burpee
 - Blue Bomber Doug Brown
 - Minister Jim Rondeau
 - And more...
- **Games**
- **Crafts**
- **Storytellers**

Thursday, January 27, 2011
1:00—6:00 p.m.
Portage Place Mall

Of Interest to you:

- Learn about some great Family Programs
- Reading with your child

Inside this issue:

Family Literacy	2
Book-making with Mosaic	3
3 Stars and a Wish	3
Parent Rooms near you	4
Story Sacks	4

Wiggle, Giggle & Munch

Wiggle, Giggle & Munch is a drop-in program that offers parents and their toddlers and preschoolers two hours of active play and a healthy snack. Each session of Wiggle, Giggle & Munch includes at least 40 to 50 minutes of physical activity such as active songs, games, and dancing, a series of activities designed to

help children develop specific movement skills, a healthy snack, helpful messages about physical activity and healthy eating, activities for parents and children to do together, all while providing opportunities for participants to get to know one another and their community.



Wiggle, Giggle & Munch can be found at:

- Victoria Albert School
- Greenway School
- Wellington School
- Wolseley Family Place

Drop Everything and Read



- Read to your child every day.
- As you read, stop and ask; “What will happen next?”
- Listen to your child’s questions and answer them.
- Turn OFF the TV, Computer, Music.



- Read, Sing, Rhyme with your baby.
- Babies LOVE to look at your face and hear your voice.
- It’s never too early to start reading.

Read, Sing, Rhyme

Keep it Fun

- Choose books that you like.
- Share lots of different books.
- Change your voice,
- Tell the story with puppets.



Children will talk more if you: WAIT a few seconds before you reply to what they say



Leave Books Around the House

- Leave books where your child can reach them.
- Tell your child that you believe he will become a good reader.

- If your child won’t sit still,
- Add actions to the story,
- Jump or clap along to your reading.
- If your child tries to take the book, let her hold it.

No worries

Making Books with Mosaic-Newcomer Family Resource Network

In 2009, Communities 4 Families gave out 13 Literacy grants of \$500. Here's one example of how a little bit of money can go a long way...

Newcomer parents at St. Matthews Anglican Church worked together with the staff to create a special book for each parent to read with their family. This family book was based on their history, photographs and memories from their first country as well as their experiences in Canada. The parents were encouraged to use this project as a way of sharing their culture and life experiences with their children. Parents chose to use drawings, pictures and photos of their home country to create their books.



As much as possible the books were in English and in the home language of the family. The women are very proud of the books they have made and hopefully through sharing their book with their children at home, children will be given the opportunity to value and take pride in their first language and their culture.

The final book was made of bristle board, covered with mactac and bound with hockey tape. These books are very meaningful and treasured by the participants.

An extension of this book-making happened when students who had completed their books went to another class and helped to teach other stu-

dents. They taught their bookmaking skills, as well as sharing their own personal books with these other students.

For many families, this was the first time they did this kind of activity. This resulted in stronger class friendships and bonding. They were obviously proud of their work and said how much their children enjoyed the finished books.

One student who had only been in Canada three months said that she was awake at 3 a.m., unable to sleep due to her excitement about going to school the next day to work on her book.



You don't need to
be able to read
well to read to
your child.

Three Stars and a Wish

Another project supported by Communities 4 Families is called 3 Stars and a Wish. This project matches a family to a volunteer mentor from the University. Their goal is to write a family story together.

One of the great things that happens is that parents get to be seen as a source of knowledge to their children. A big impact has been made on all participants including children, parents, and University of Winnipeg mentors.



Children will talk
more if you talk
about what you
see.



Parent Rooms near you...

Check out the parent rooms in your nearby schools. Many have Family Literacy Programs for you and your children. They can be found at:

Did you know?
Children will talk more if
you look at their faces.



- **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

Story Sacks

Creative Retirement volunteers have been busy creating Storysacks to lend to schools throughout the City. A Storysack is a Literacy tool. It includes a good children's book, a non-fiction book that links to the story, PLUS activities and props designed to bring reading to life. Reading tips and activity ideas for parents to share with their children, a taped recording of the story, and sometimes a computer CD with easy-to-play literacy games linked to the story complete the Storysack. Storysacks cannot be bought from stores and are made by the community for the community.



For more information on borrowing a Story Sack, call Laurie at Creative Retirement 942-2035