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www.communities4families.ca

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)

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I Love to Read



Uzazi Pamoja: an inter-generational community project and support group for newcomer families, nurturing language and learning, and fostering bonding through parent-child interaction.



Book Bags are an engaging way to capture a child's imagination and encourage reading by involving the child with the story in the book through activities and play. A *Book Bag* is a family literacy tool that brings reading to life, and encourages reading in a fun and safe way.



3 Stars and a Wish is a project that creates the opportunity for existing oral traditions in the local community to be used as tools for improving literacy through a connection with a mentor.

Manuals to help run these programs for families in your community can be downloaded from www.communities4families.ca.

Of Interest to you:

- 3 new manuals
- Family literacy tips
- Building family relationships

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Join us for a launch of these new manuals and some fun for the family on **February 1** at the **West End Library** at **Cindy Klassen Recreational Centre** **999 Sargent Ave.** **5-7 p.m.**



Family Fun Times

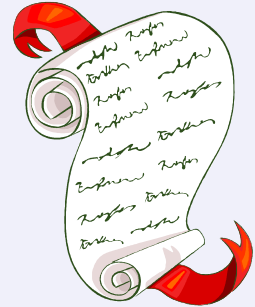
Make a list:

As a family, write out your New Year's resolutions.



Winter scavenger hunt:

Create a list of winter items (like mitts, shovels, scarves, etc.) around your home. Give the list to your family and have them find all the items on the list.



Bake winter favourites:

Following a recipe is a great way to practice reading and math skills. Bake special cookies or cakes or make a meal as a family!



Pick a classic story:

Read it out loud to one another or get audio tapes from the library and listen to them.



Pick a Poem:

Pick a poem (suitable to children's age) - everyone practice memorizing it and have a "Poet's Night" when everyone recites it.

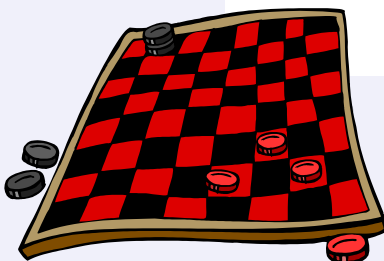
Photo History:

Get out old family pictures and reminisce with your children.



Game night:

Pick a favorite that relaxes rather than creates stress or tension.



Explore a campus:

Select one of the college campuses and spend 2-3 hours exploring it with your children - let them sit in empty classrooms, browse in the bookstore, snack at a student centre, and "soak up" the student atmosphere.



Building good relationships

“... our children should be able to share their worries with us; they should feel free to talk about the things that concern them, and they should be able to laugh and have fun with us, too. “

Some of these tips might help:

- Find common things you enjoy doing together - go skating or join a cooking class. Build puzzles or play cards.
- Play with them. Play make-believe, or anything else they want to play.
- Let them express themselves. If they are upset, listen to their concerns, don't put down their concerns or fears. Otherwise, they may not want to share their problems in the future.



- Eat dinner together. Make family meal time a priority.
- Read bedtime stories together, for as long as they'll let you. Then tuck them into bed, kiss them goodnight, and make them feel cozy, safe, and loved.

From How to Build a Healthy, Lasting Bond with your Kids (from www.whatsupfamilies.com Fall 2011)

Reading with Children

Reading storybooks or telling our own stories helps children learn new words. Try these ideas the next time you read or tell a story to your child.

Explain new words

Stop and talk about new words. For example, in the book “Dear Zoo” by Rod Campbell the lion is “too fierce”. You could explain what “fierce” means and talk about other animals that might be “fierce”.

Talk about the book

Relate the book to things you do during the day. For example, in a story that talks about bedtime, talk about what you do to get ready for bed.

Point out letters and sounds

Comment on the beginning letter or sound in a word. For example, sun starts with the letter “s”, and “s” makes the “sss” sound. Find things that start with “s” while you are out on a walk - like the “S” on the stop sign.



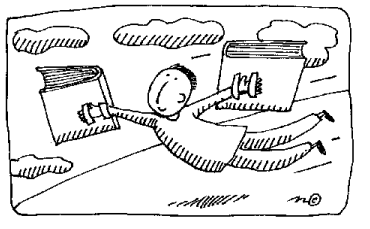
*Janet Simpson
Speech-Language Pathologist
Access Downtown*



Wiggle, Giggle & Munch

A great way for your preschooler to 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 winter:

- Greenway School (775-2455) –Tuesday mornings
- John M King School (775-4404) – Thursday afternoons
- Family Community Centre (775-9934)–Thursday afternoons
- Victoria Albert School (943-3459)– Monday afternoons
- Wellington School (774-8085) - Wednesday afternoons
- Wolseley Family Place (788-8052)–Wednesday mornings



Journey to Learning Celebrating Family Literacy Day



Answer the questions below. Drop this form off at your local **Public Library Branch** to enter a draw for a **prize!**

I love to read with _____
(name of someone in your family e.g. mom, grandpa, dog, etc.)

Name _____
Age (optional) _____
Telephone and/or email address _____

Books can take you anywhere! My favorite book is _____
(Title)

Library Branch _____
(Go to winnipeg.ca/library to find your closest public library branch.)

This book took me on a journey to _____
(e.g. outer space, under the sea, a castle, etc.)

**Enter to win from
January 23rd to January
31st, 2012**

