



Downtown Parents

Neighbourhood Corner

MOSAIC

MOSAIC has been in the forefront providing interactive beneficial programs to Syrian families since day one when both Federal and Provincial governments announced the first arrival of these families.



Our support to Syrian families is through programs designed to take different venues and methods to meet their needs and make the best use of their time. Our staff have been active in many areas including but not limited to:

Family Active Learning sessions: families had the chance to meet one another, make new friends and to collectively engage in play-based learning and spend time with their families as well as other families members. I'd like to take this chance to thank Healthy Kids Fit Kids for joining us and providing some of their material and in helping with the program.

Educational Workshops: to ensure that Syrian families fully benefit from these workshops, our Arabic speaking staff run the workshops in the Syrian native language in topics such as Parenting in a New Country, Various Safety and Protection Measures, and Sending Your Child to School in Manitoba.

Nobody's Perfect: a Program designed for parents who have children five years and under to share their challenges and to learn from each other's experiences. During the sessions we introduce motivational/energizer games to help parents develop positive and strong parent - children relationships.



Wiggle Giggle and Munch: an engaging program designed by Communities 4 Families. It is for parents/caretakers and their children of all ages. In this program each family gets to engage in family free play time, rhymes, crafts, reading stories and eating a healthy

Communities 4 Families

(Downtown Parent-Child Coalition)

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snack provided to them. We also share with them ideas on how to be creative and make use of unwanted material at home to be used for toys and games (e.g. filling up empty water bottles with sand to be used for bowling).

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Jumping in Puddles

Spring is in the air and puddles lay like lakes on sidewalks and playgrounds everywhere in Manitoba. As I drive home from work past a school, a girl dressed in rain gear from head to toe is splashing joyfully through the water. I then see 3 children wide eyed and bending their knees ready to pounce, till I hear their mother say “No, jumping in the puddles.” I could see the wheels turning in their little heads as they decided whether or not they would listen to their mother or take the leap. I could also see the look of disappointment as they walked by the glorious opportunity to jump, splash and play knowing that they should indeed listen to their mother. I

am not sure where their path was leading them that day, shopping, grandma’s, somewhere that being wet and dirty for an extended period of time was not going to work.

I am in no way judging that mother or any other caretaker for wanting their children to stay clean and dry, but it did get me thinking. While there are many times and places that jumping in the puddles may not be appropriate are we as adults working to make a time that is?

There are many important messages about physical activity at the active start stage but the most prominent for this group is bringing back play. Daily structured adult

lead activity for at least 60 minutes is essential, but it is just as important to have balance and offer children opportunities for active free play in a wide variety of environments with opportunities to make decisions learn from mistakes, problem solve, and be a child without the rigid guidelines of adult lead activities.

It may not always be the appropriate time to jump in the puddles, run in the hallways or play in the mud but there must be an appropriate time to be an active kid.

- Michelle Johnson BPE is [Fit Kids Healthy Kids](#) Coordinator with Sport Manitoba and Doctors Manitoba

Kangaroo Hopping

- Talk with your preschool child about kangaroos. How do kangaroos move?
- Show your child how to hop like a kangaroo. Hands are held in front of chest with elbows bent.
- Practice hopping with your child. Make sure they take off with both feet and land with both feet, bending knees slightly when they land.
- Play “Follow the Leader” hopping like kangaroos.

If there are trees and playground equipment present, you can hop around and between these obstacles.

From <http://activeforlife.com/activities/>

Follow the Leader

- Have your child “lead” you around, over, under and through obstacles.
- If indoors, your child can lead around, over or under furniture (with your supervision and permission).
- If outdoors, your child can lead around, over, under and through playground equipment, trees, and shrubs.
- Encourage leaders to vary movements with walking, running, changing direction, stopping, and starting.
- Ensure you are playing in a safe place. Do not play around cars or mechanical equipment.

If you join the game as an adult, make sure the children take turns leading most of the time

From <http://activeforlife.com/activities/>

Visit our website at
www.communities4families.ca

Featuring links to the City of Winnipeg’s NOW Winnipeg site.



Free Summer Activities

Free Swim

Free Swim Apr. 3–September 5
Cindy Klassen Recreation Complex, 999 Sargent Ave.
Sat. 5-6:30 p.m.
Sat. 7-9:45 p.m. youth swim (9-19 years)

Freight House Outdoor Pool
200 Isabel St.
Daily 1-8 p.m. June 30-Aug. 2
Daily 1-7 p.m. Aug. 3-Sept. 5

Library Time

Did you know? The libraries with the largest Aboriginal collections include:

- **Millennium Library**
251 Donald St.
- **West End Library**
999 Sargent Ave.

Aboriginal Day Live

Saturday, June 25, 2016

Community Celebration Village
The Forks, Winnipeg, Manitoba
11:00 a.m. - 11:00 p.m.

FREE and FUN activities for the whole family kicks-off at 11:00 a.m.! Music and dance performances, storytelling, food sampling, traditional demonstrations, live art installations, children's activities and much more! LIVE concert begins at 7:00 p.m.

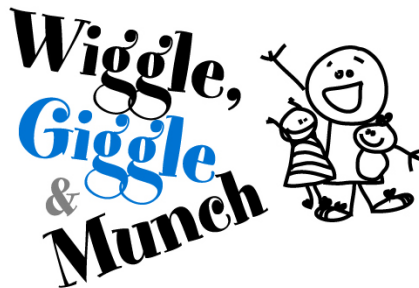
Fireworks at 11:00 pm

Spray Pads

Great places for children of all ages to cool off on a hot summer day
Open 7 days/week
10 a.m. - 9 p.m.
May 28-September 5

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

Keep in mind that these areas are unsupervised.



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. These programs will continue in the summer:

Canadian Muslim Women's Institute, 201-61 Juno Street
204.943.8539
Mondays 1-3

Mosaic Newcomer Family Resource Network
Knox United Church, Central Park
204.774.7311
Tuesdays and Thursdays 12-2



Wading Pools

12 years and under
Weather permitting, City of Winnipeg wading pools will be open July 1 or 2. Wading pool schedule information can be accessed as of Wednesday, June 1 at Winnipeg.ca or by calling 311.

The printed Wading Pool schedule will be available for pick up on Friday, June 3 at your local library, community office and indoor swimming pool.

Budget Workshop

Thursday, May 26, 2016
1:00 - 3:00 P.M.

WRHA Community Health Services Building

Education Room, Main Floor
- 755 Portage Ave.

"Come out for a 2 hour session facilitated by Seed Winnipeg.

The focus of this workshop will be on budget tips and how to stretch your monthly income."

June 15, 2016

Communities 4 Families Annual General Meeting



Date: June 15, 2016

Time: 1:30 pm

Cindy Klassen Recreation Complex
999 Sargent Ave.

- **Learn more about welcoming newcomer families into your programs**
- **Erika Frey and Molly Dunbar, Neighbourhood Immigrant Settlement Workers in West Central/ Downtown area, will be sharing their experience**
- **Join us for coffee and refreshments**

You are always welcome at our monthly meetings. Find out when they are and more about what's happening in your community at our [website](#)

“Like” us on [Facebook!](#)