



Downtown Parents

Neighbourhood Corner

Healthy Baby



Orioles Site What is Healthy Baby?

Healthy Baby is a free group for moms and dads, funded by Healthy Child Manitoba. Parents, either prenatal or postnatal, can come to learn about strategies to promote a healthy pregnancy and to learn about infant growth and development. You will meet other parents and babies. The group provides milk coupons to those who are pregnant and up to 6 months postpartum. Bus tokens are also provided to those who need them.

What can I expect when I go to a Healthy Baby program?

The group is a drop-in and runs for 2 hours, every second Tuesday. We start by

introducing ourselves and our babies. We say a nursery rhyme or song at the start of each group to promote infant language and brain development.

We do a different health promotion topic every week - sometimes the topics are prenatal, sometimes postnatal. The group is for all pregnant women and parents with infants up to one year of age.

There is always a health or nutrition topic offered at the group. Some examples are: introducing solids; what to expect after your baby is born; immunizations; coping with becoming a parent; breastfeeding; and infant safety.

The group is run by a Healthy Baby facilitator, Public Health Nurse and Dietitian. There is always time at the end of the group to ask questions and to talk one-on-one with any of the staff, if you wish. You can also have your baby weighed during the group!

Nutrition is a big part of the program. A nutritious snack is prepared each week for the group to share. We talk about healthy food and provide a free cookbook and infant feeding bib to each participant.

Older children (preschool) can come with you. There is child-minding provided free of charge for children over 1 year of age, in the Orioles' beautiful renovated gym.

Dads and grandmas can come too. You can bring another support person with you if you wish.

Communities 4 Families (Downtown Parent-Child Coalition)

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When does this program meet?

Healthy Baby meets every second Tuesday at the Orioles Community Centre, 448 Burnell Street, 1:00-3:00 p.m. You can enter the Community Centre through the front door or the door off the parking lot.

The next meetings are on May 2, May 16, May 30, June 13 and June 27, 2017. The location may change in July and August. Call Liz at 204.298.6741 to confirm location in the summer.



Improve Your Child's Physical Literacy



It is important to **get your child's heart rate elevated** in active play. A fun activity is to count heart beats together before and after play. Playing catch is fun and important. Try pairing running and jumping with less active ones like catching.

Play with your child - it will keep them moving longer and gets you active as well. You don't always have to run in the race with them. Be a cheer leader, a retriever or a timer.

There are lots of ways to actively engage to keep your kids moving. Bonus - the nap the little ones will take after they play!

Teach them games that they can play on their own or with friends. Games with little to no equipment will work great with their friends, at the park, or in the school yard. Start a ripple effect, teach your kids the games you loved as a child and they will pass them onto their friends.

Think of active toys, equipment, or experiences when it comes time to give a gift. Help your child to get excited about activity with simple toys like hoops, balls, balance beams, pool noodles, balance boards, balloons, scarves and other sports gear.

Encourage outdoor play with natural elements. Being outside in the great big world points children in the direction of active play.

Nothing gets a child running like a huge open space! While bought toys can be really fun, kids like to play with anything. It can help their imagination and learning when they are able to jump in puddles, play in the mud, climb a tree, skip a rock, throw a stick or run in the water. Scavenger and obstacle courses are great ways to get kids moving in outdoor spaces.

From www.fitkidshealthykids.ca



Free Summer Activities

When summer festivals such as the Winnipeg Fringe Theatre Festival and the TD International Winnipeg Jazz Festival are in full swing, head to **Old Market Square** for free entertainment on The Cube Stage.

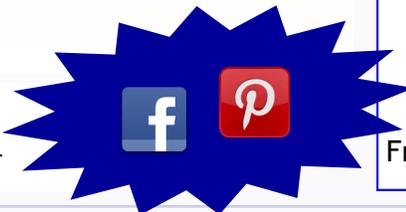
Watch popular movies al fresco during **Movies in the Park** at Assiniboine Park (each Friday in August) and Movies on Memorial (Every Tuesday in August)

Canada's Royal Winnipeg Ballet puts on spectacular performances for **Ballet in the Park** at the Lyric Theatre in Assiniboine Park.

Canada Day offers a whole host of activities and festivities spread across the city. Osborne Street in Osborne Village is shut down to traffic and filled with vendors. For family fun and fireworks, make your way over to Canad Inns Family Fun Day at Assiniboine Park. The Forks features live entertainment, a public market, arts and crafts for kids and fireworks.

Visit our website at
www.communities4families.ca

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



Outdoor Scavenger Hunt

Scavenger hunts (whether outdoors, in the car, or just in the living room) are a perfect kid activity. Along with being a fun way to pass some time, they also provide children with opportunities to practice skills like observing, sorting, and classifying.

Gather 12 random things from outdoors and put pictures of them on white posterboard. Tape it to the top of an empty egg carton. That way you have a way and place to store each item as you collect them. Away you go!



From www.iamommaheareroar.net

Free Summer Activities

Free Swim

Free Swim Apr. 7–Sept. 4
Cindy Klassen Recreation Complex, 999 Sargent Ave.
 Sat. 5-6:30 p.m.
 Sat. 7-9:45 p.m. youth swim (9-19 years)

Kinsmen Sherbrook Pool
 381 Sherbrook
 Fri. 1-5 pm
 Sat. 2:30-5 pm

Freight House Outdoor Pool
 200 Isabel St.
 Daily 1-8 p.m. June 30-Aug. 7
 Daily 1-7 p.m. Aug. 8-Sept. 4

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 27-September 4

Central Park
 400 Cumberland Ave.

Vimy Ridge Memorial Park
 821 Preston Ave.

Keep in mind that these areas are unsupervised.

Wading Pools

12 years and under.
 City of Winnipeg wading pools will be open July 2, weather permitting. Wading pool schedule information can be accessed as of May 29 at winnipeg.ca or by calling 311.

Library Time

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

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



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 (May and July)
 Thursdays 5:30-7:30 pm
 Saturdays 10-12 noon

Mosaic Newcomer Family Resource Network
 Knox United Church, Central Park
 204.774.7311
 Tuesdays and Thursdays
 12:15–2:15

Filipino Women's Institute
 Sargent Park Playground
 2 Sargent Park Pl.
 Thursdays 4-6 pm



Aboriginal Day Live

Wednesday, June 21, 2017

Various FREE events at
 The Forks, Winnipeg, Manitoba
 11:00 a.m. - 10:00 p.m.

Music and dance performances, storytelling, food sampling, traditional demonstrations, live art installations, children's activities and much more! LIVE concert begins at 8:00 p.m.



Find out more about what's happening in your community and about [Communities 4 Families](#).

“Like” us on Facebook!

June 21, 2017

Communities 4 Families Annual General Meeting



Date: June 21, 2017

Time: 1:30 pm

Cindy Klassen Recreation Complex
999 Sargent Ave.

- Celebrate the launch of our new Book 4 Babies—*Time to Play!*
- Learn more about the survey we commissioned to look at downtown programs for families—*Dreams and Realities: A Community Survey*
- 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!](#)