



Downtown Parents

Neighbourhood Corner

Learn & Play Program (LAPP) at Winnipeg Inner City Missions (WICM)

WICM is a not-for-profit charitable organization committed to providing a healthy community for children, youth and families.

LAPP runs every Wednesday afternoon from 1-3 pm at the Anishinabe Fellowship Centre at 287 Laura St. Children up to age 5 and their caregivers participate together in play activities that promote learning and language development.



In September 2018 we introduced the Moe the Mouse program. The children and adults are learning the animal sounds during circle time which includes a story and a song. To help learning at home, each child made their own "picture book" of the animals and the sounds. Facilitator training for Moe the Mouse was accessed through Bookmates. We thank them for their support as well as Communities 4 Families to help bring this program to LAPP.

Janet Simpson

Thrive and the Abecedarian Approach

This February, Thrive Community Support Circle staff will be trained in the Abecedarian approach. Don't worry if you don't know what the means, or how to pronounce it, many of us didn't! I personally did not know much about this approach to children's programming, but I am learning and ready to share what I do know.

The Abecedarian approach is focused on reading, learning games and relationships. This fits in nicely with Attachment Theory and also compliments the Circle of Security program we use in our child care program. Children who have this early Abecedarian experience are children who will have greater language skills, and therefore will be more ready for school.



Thrive Community Support Circle staff will then share this approach with the families that we support through our other programs, therefore increasing the capacity of our community.

Our toolbox of skills is abundant, and we are looking forward to sharing this knowledge with the community.

Jess Smith
 Thrive Child Care



Communities 4 Families
 (Downtown Parent-Child Coalition)

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Inside this issue:

Kitchen Fun	2
Free Winter Fun	3
@ the Library	3
Storytelling in the Round	3
C4F Family Literacy Day Celebration	4

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

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Kitchen Fun

Kids learn by doing. Play is their work. Playing in the kitchen is good for big and little people. The following recipes are good eating and good learning.

This soup is a good way to use the little amounts of pulses [dried beans, peas and lentils] you have in the cupboards. You can use other vegetables you have.

Fun Learning Ideas:

- Count the different pulses, vegetables and the cups of water
- Taste the vegetables before the soup
- Sort by colours
- Let the kids use a peeler and a knife [if they can use them safely]

Mixed Bean Soup

Ingredients

- 2 cups [400 grams] dried mixed pulses, I make my own by blending all the bits and pieces of beans, lentils, grains and pulses]
- 8 cups water
- 2 cups no salt added tomatoes [1 14 ounce can]
- 1 Tbsp chili powder
- 2 tsp garlic [or more if desired]
- 1 cup chopped onion
- 1 cup chopped celery
- 1 cup chopped carrots
- 1/2 cup lemon juice

Directions

Makes approximately 16 one cup servings

- Soak the mixed pulses in lots of water overnight [this water is not calculated in the amount]
- Drain
- Place pulses in a 5 litre/5 quart slow cooker or in a large pot on the stove
- Add remaining ingredients, EXCEPT the lemon juice
- Cook for 8 hours on low in the slow cooker or for 3-4 hours on medium-low on the stove, or until the beans are tender
- Add the lemon juice approximately 20 minutes before serving

Bannock is a traditional quick bread. It can be made in one big loaf or in little biscuits. It can be baked or fried.

Fun Learning Ideas:

- Count the cups of flour, tablespoons [Tbsp] of baking powder
- Let the kids mix the dough with their hands, then pat it on a floured counter or table until one inch thick
- Use cookie cutters, glasses, cups or clean tin cans to cut small biscuits
- Count minutes for baking using a timer on the stove or phone

Bannock

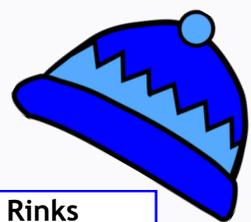
Ingredients

- 3 cups flour
- 2 Tbsp baking powder
- 1/2 Tbsp salt
- 1/2 cup lard or shortening
- 1 3/4 cups water

Directions

- Blend dry ingredients together. Cut in shortening until the size of small peas
- Add water and mix until blended
- Scrape out of the bowl and onto a floured surface. Knead smooth, adding more flour if needed
- Pat the dough to 1 inch thick [thinner dough will bake faster]
- Bake in a preheated 425F oven for 20 minutes or until golden brown. If making small bannocks, start looking at 15 minutes





Free Winter Fun

Free Swim

Cindy Klassen Recreation Complex
999 Sargent Ave.
Saturdays 5-6:30 pm
Saturday 7-9:45pm Youth Swim

Kinsmen Sherbrook Pool
381 Sherbrook St.
Fridays 1-5 pm
Saturdays 2:30-5 pm



Toboggan Hills

Central Park
400 Cumberland Ave.

Westview Park (Garbage Hill)

Skating

Pioneer
799 Logan Ave.
Saturdays 12:30-1:30 pm

Sargent Park
Sundays 12:00-1:00 pm

Outdoor Skating Rinks

Red River Mutual Skating Trail @
The Forks

Central Park
400 Cumberland Ave.

Magnus Eliason Recreation Centre
430 Langside St.

Vimy Ridge Memorial Park
821 Preston Ave.

@ the Library

Family Story Time

Stories, rhymes and activities geared at children ages 3-5, but everyone can join in the fun! For children and their families. Drop-in.

MILLENNIUM LIBRARY
Tuesdays: 10:30-11:00 am
Saturdays: 11:00-11:30 am

And for Black History month on January 26 at 2:00 pm (especially for children 5-8)

HARVEY SMITH
(West End) LIBRARY
Fridays: 10:30-11:00 am

Baby Rhyme Time

Discover the joy of songs, finger plays, simple books and bouncing rhymes. Ages newborn to 24 months and caregiver. Program runs for 8 weeks. Registration required.
MILLENNIUM LIBRARY
Wednesdays: 11am and 1pm
HARVEY SMITH (West End) LIBRARY Mondays: 10:30am

Time for Twos

Explore the world of picture books, rhymes, finger plays and felt stories. Ages 24-36 months and caregiver. Program runs for 8 weeks. Registration required.
MILLENNIUM LIBRARY
Thursdays: 2:00 pm

Folk for Families

Bring the little folks out for singing and dancing with the Winnipeg Folk Festival! Drop in.

MILLENNIUM LIBRARY
Ah kha koo gheesh
Saturdays from 2-3 pm:

January 12- Sand Skyscraper
February 9 - Aaron Burnett
March 9
April 13

Family Literacy Fun Day

HARVEY SMITH LIBRARY
Tuesday, February 19: 4:30-6:30



Storytelling in the Round

The Manitoba Storytelling Guild in partnership with the Millennium Library presents Storytelling in the Round on Sunday afternoons. Experience the art of storytelling by attending a series of 6 enchanting sessions presented by master storytellers from Manitoba. For families. Drop in.

MILLENNIUM LIBRARY Ah kha koo gheesh (Children's Area)
Sundays: 2-3 pm

January 20: Kent Suss & Flora Zaharia

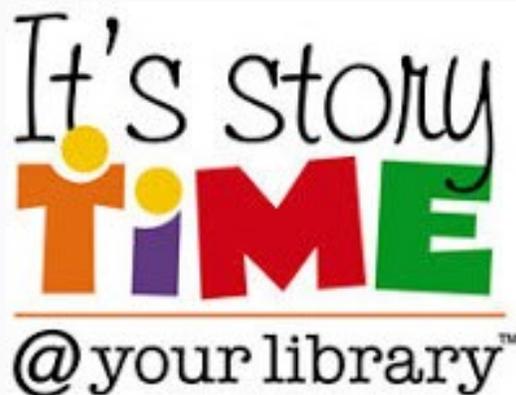
January 27: Anthony Audain & Sheila Pinkerton

February 3: Mary Louise Chown & Matthew Havens

February 10: Wayne Drury & Jane Enkin

February 17: Sandra Krahn & Sheila Pinkerton

February 24: Anthony Audain & Matthew Havens

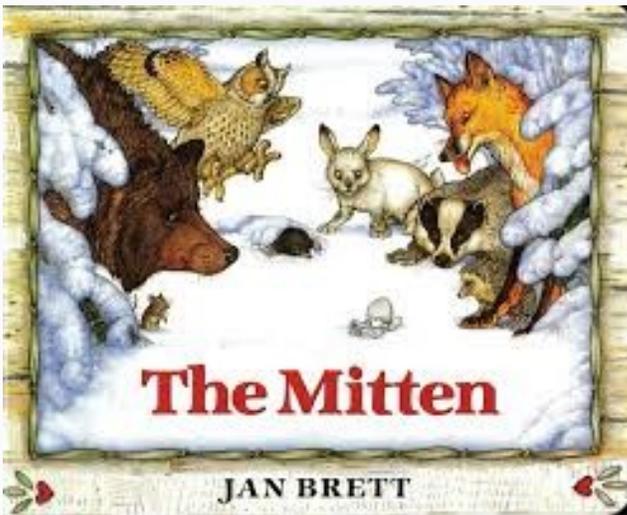


**Are you looking for some free fun
with your kids?**

Join us for a...

Family Literacy Celebration

**Fun activities based on children's books
about weather and winter**



👉 **Book Giveaways**

👉 **Snacks**

👉 **Games**

👉 **Draws**

**Fun and
FREE!**

For more information:

E-mail: info@communities4families.ca

Web-site: www.communities4families.ca

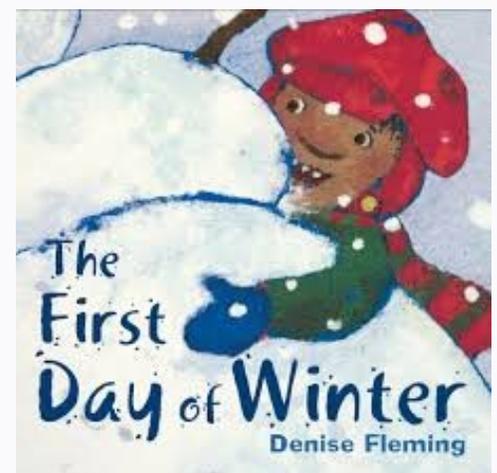
WHEN: SATURDAY, JANUARY 26TH

FROM: 10:30 am — 12:30 pm

(Get there early so you don't miss the fun!)

Where: Harvey Smith (West End) Library &
The Cindy Klassen Recreation Center

Address: 999 Sargent Ave.



Literacy:
Learning for Life.
L'alphabétisation,
Une leçon pour la vie.



Winnipeg Public
LIBRARY



Winnipeg Regional
Health Authority
Caring for Health

Office régional de la
santé de Winnipeg
À l'écoute de notre santé

