

# VILLAGE VOICES

*It takes a village to raise a child*

Healthy Child Coalition – Central Region

March - April 2016

## Centre D'Enfants St. Claude Children's Centre

Moms with very young children can take advantage of Alphabet Soup programming offered by St. Claude Children's Centre, in cooperation with the St. Claude Library and public health.

The monthly sessions are held at the library and facilitated by centre staff person Denise Massinon.

Each session features songs and rhymes in French and English, as well as a presentation by a local health nurse. February's presentation, for example, was on the pitfalls of flu season. Other topics planned for coming months included mindfulness and car seat safety.



**Moms with very young children can come to the St. Claude library for a monthly Alphabet Soup session.**

A healthy snack is provided and moms are given recipes to take home.

In addition to the monthly Alphabet Soup sessions, St. Claude Children's Centre also offers the literacy program Rock n Read each fall.

This Bookmates literacy program is held at the children's centre and runs once a week for approximately six weeks.

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Healthy Child Coalition  
Central Region



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### Next issue will be out

**May 2016**

Check us out on  
Facebook!

Follow our blog

“Living in the Village”

<http://hcccentralregion.wordpress.com/>

Want something  
included in this  
newsletter?

Contact Sharron  
Arksey, coordinator

## If You Should Meet a Crocodile

If you should meet a crocodile on a spring-time day.

What would you do? What would you say?

I'd say, "Good morning Crocodile, how do you do?"

I'm glad to meet you crocodile, I'd like to dance with you."

If you should meet an elephant on a summer's day.

What would you do? What would you say?

I'd say, "Good morning Elephant, how do you do?"

I'm glad to meet you elephant, I'd like to dance with you."

If you should meet a stinky skunk on an autumn day.

What would you do? What would you say?

I'd say, "Good morning Stinky Skunk, how do you do?"

I'm glad to meet you stinky skunk, I'd like to dance with you."

If you should meet a polar bear on a winter day.

What would you do? What would you say?

I'd say, "Good morning Polar Bear, how do you do?"

I'm glad to meet you polar bear, I'd like to dance with you."

## Robby the Rabbit

Robby the Rabbit is fat, fat, fat (rub tummy)

His soft little paws go pat, pat, pat (pat hands)

His soft little ears go flop, flop, flop (Make floppy ears with arms)

And when Robby runs, he goes hop, hop, hop! (Hop)

## Creamy Tomato Tortellini Soup

(compliments of Centre D'Enfants St. Claude Children's Centre)

1 tsp oil  
2 cloves garlic, minced  
2 (10 oz.) cans condensed tomato soup  
1 ½ cups milk  
2 cups half and half  
2 cups chicken broth  
1 tsp onion powder  
½ tsp salt  
½ tsp pepper  
1 tsp Italian seasoning  
1 (9 ounce) package cheese or beef filled tortellini

Heat oil over medium heat. Add garlic and cook until fragrant, about 1 minute. Add tomato soup, milk, half and half, chicken broth and all the seasons. Bring to a simmer. Once simmering, drop in the tortellini and cook to package direction. Enjoy!

(This recipe was provided to moms attending the February alphabet soup session at St. Claude Library.)

## I Had an Easter Bunny

I had an Easter bunny (hold up one finger)

One day she ran away (make fingers 'run')

I looked for her by moonlight (hand shading eyes)

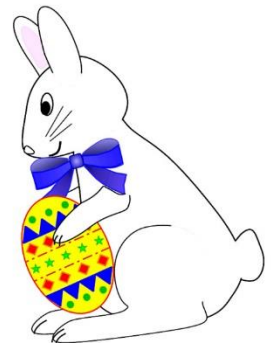
I looked for her by day.

I found her in the meadow

With her babies 1, 2, 3

So now I have four rabbit pets

To run and jump with me!



Best wishes for a Happy Easter from  
Healthy Child Coalition – Central  
Region!

# Toilet Paper Roll Snake Craft

This is a simple three dimensional craft that is easy and fun for children to make and play with. Older children can cut the toilet paper rolls in half for more "joints" in their snake. Younger children will want to leave the toilet paper rolls whole as it can be tough to cut them.

## Materials:

- three or four toilet paper rolls (or a paper towel roll)
- construction paper
- scissors,
- glue,
- hole punch,
- string, wool or ribbon.
- Optional: [wiggly eyes](#)

## Instructions:

- Optional: Cut each toilet paper roll in half so you have twice as many, shorter tubes.
- Glue a piece of construction paper to each tube. You can use all one color or you can make a multi colored snake (good colors practice).
- Punch a hole at the front and back (two holes) in all but two of the tubes.
  - Those two will be the head and the tail.
  - Punch just one hole in these two tubes
- Thread a piece of string or wool through the holes of each tube (like you're sewing them together).
  - Tie off the string at the head and tail.
  - Don't make the string too tight or your snake won't wiggle.
- Decorate your snake further with sticker polka dots, marker, paint, etc.



**Tongue:** Cut a tongue shape from red construction paper. Fold a small tab at the end and glue it onto the head (the front tube)



**Eyes:** Glue on [wiggly eyes](#) or draw eyes on with a marker or cut eyes out of red construction paper and draw an eye slit in the middle of each with a black marker

## Centre D'Enfants St. Claude Children's Centre, continued

This program as well is offered in both French and English with Denise Massinon facilitating. Other centre staff provide assistance as needed.

Funding for the two programs comes from Healthy Child Coalition – Central Region. St. Claude's Children's Centre is one of the coalition's mature partners and has received annual funding since the coalition was formed.

Centre D'Enfants St. Claude Children's Centre is one of three child care programs in Central Region which offer parent-child programming. The others are Miami Children's Centre and CFAN in Langruth.



Moms and infants

18<sup>th</sup> Annual Healthy Communities Conference

### Building Social Equity

Thursday, April 14, 2016  
Austin Community Hall, Austin MB  
8:45 a.m. – 4:00 p.m.

For more information contact [HealthyCommunitiesConference2016@hotmail.com](mailto:HealthyCommunitiesConference2016@hotmail.com)

### THOUGHT FOR THE SEASON



**“First a howling blizzard woke us,  
Then the rain came down to soak us.  
And now before the eye can focus --  
Crocus.”**



**- Lilja Rogers**