

# VILLAGE VOICES

*It takes a village to raise a child*

Healthy Child Coalition – Central Region

May – June 2016

## Manitou Parent Child Resource Centre

Stay & Play is the signature program of the Manitou Parent Child Resource Centre, but it is not like Stay & Plays offered elsewhere.

Every Wednesday, parents and children gather in the basement of St. Andrew's United Church for a morning of story and music, craft and snack, parenting tips and unstructured play.

Once a month, the routine varies and participants go up to the gymnasium area for a physical activity session modeled on Wggle Giggle & Munch, Shake Rattle & Roll and Fit Kids Healthy Kids.

"For several years we incorporated the physical activity into every week's session, but transitioning from one room to the other and moving supplies became a bit of a problem," says facilitator Jennifer Long.

"This way, families know that Stay and Play will be in the resource centre area for three weeks and then the fourth week will be the physical activity session in the gym". (continued on Page 4)



As a mom accompanies on guitar, facilitator Jennifer Long leads children and parents in song.

Healthy Child Coalition  
Central Region



### Contact us:

Healthy Child Coalition –  
Central Region  
P.O. Box 39

Langruth, MB R0H 0N0  
Telephone and fax  
204-445-2326

Email  
hcc.centralregion@gmail.com

### Next issue will be out

**September 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

## Dandelions

Sung to: "Mary Had A Little Lamb"

Once there was a dandy lady,  
Dandy lady, dandy lady,  
Once there was a dandy lady,  
Who loved to dance, they say.  
She had beautiful hair of gold,  
Hair of gold, hair of gold.  
She had beautiful hair of gold  
And loved to dance all day.  
As time passed by and she grew old  
She grew old, she grew old.  
As time passed and she grew old.  
Her hair all turned to grey.  
Now when the dandy lady dances,  
Dances, dances.  
Now when the dandy lady dances  
Her hair all blows away.



## The Days Of Spring

Sung to: "The Farmer In The Dell"

The days of spring are here.  
Warm, sunny days are near.  
Birds in trees, flowers and bees,  
The days of spring are here.

May there always be sunshine,  
May there always be blue skies,  
May there always be Mama,  
May there always be me.  
(Traditional Russian Song)

## I LOVE, LOVE, LOVE YOU, DAD

Tune: Row, Row, Row Your Boat

I love, love, love you, Dad  
You are really smart.  
I'll love you forever and ever and ever,  
Always in my heart.

## The Firefly at Night

Tune: "The Wheels on the Bus"

The firefly at night goes zzzz, zzzz, zzzz,  
Zzzz, zzzz, zzzz, zzzz, zzzz, zzzz,  
The firefly at night goes zzzz, zzzz, zzzz,  
All around my yard.

## Healthy Frozen Treat

2 cups frozen strawberries, unsweetened

3 medium bananas

3 tablespoons honey

1/2 cup plain Greek yoghurt

1 tablespoon lemon juice.

Put all ingredients in a food processor or blender. Blend until smooth, stopping to scrape the sides as needed. Serve immediately for a soft-serve texture, or freeze for 3-4 hours before serving.

## Chocolate-Peanut Butter Dipped Banana Pops

- 3 bananas
- 1 cup chocolate-chips
- 2 tablespoons all-natural peanut butter

Peel bananas and cut into three sections. Gently insert a popsicle stick into the center. Place on a parchment paper lined tray and place in the freezer while you melt your chocolate. Combine chocolate chips and peanut butter in a microwave-safe bowl. Microwave on medium (power 6-7) until melted. Stir with a spatula until smooth. Pour melted chocolate into a tall, narrow glass or container. Remove bananas from freezer. Dip, one by one, into the chocolate, letting it ooze up the sides of the glass and coat the banana. Place bananas on tray again and sprinkle with nuts, if desired. Freeze until solid.

To enjoy: remove from freezer and allow to sit at room temperature for about five minutes. Serve with a napkin.



It's a cruel season that makes  
you get ready for bed while it's  
light out. ~Bill Watterson

# How to Make a Water Rainbow



## What you'll need:

- 3 large, clear glasses of water
- 3 smaller, clear glasses
- 1 cup measuring glass
- Red, yellow, blue liquid food coloring
- Spoon

## How to make your Water Rainbow:

- Fill the three large glasses with about one cup of water each. Leave the other three smaller glasses empty.
- Add a few drops of red food coloring to one of the large glasses of water and stir with a spoon to mix well. Repeat with the yellow and blue food coloring with the other two glasses. When done you should have a large glass of each of the colors.

Use the measuring cup to measure  $\frac{1}{2}$  cup of one of the colored waters and pour into a small glass. Pick a second color and pour  $\frac{1}{2}$  cup of it into the same small glass. See what color you made!

Red + Blue = Purple

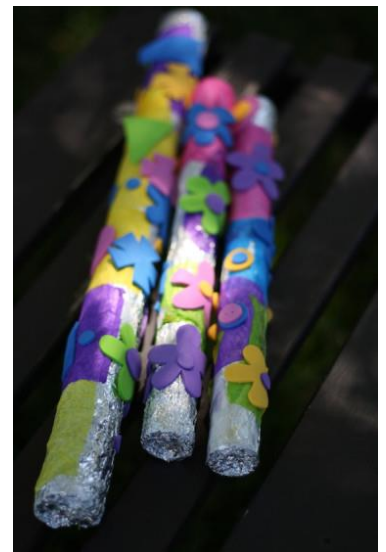
Blue + Yellow = Green

Red + Yellow = Orange

## How to Make a Rain Stick

A project for home – or make one for your program.

- Find a cardboard tube (long, sturdy ones such as wrapping paper rolls work best)
- Stick tacks or paper fasteners into the sides of the tube; the more the better.
- Cover the tube with aluminum foil, leaving one end open.
- Add filler – rice, corn kernels, small buttons, pony beads, whatever you wish. Rice works best.
- Cover the open end of the tube with aluminum foil.
- Glue decorations on the foil-covered tube as desired.



ENJOY!

Best wishes for a healthy, safe and fun-filled summer from Healthy Child  
Coalition – Central Region.

## Manitou Parent Child Resource Centre, continued

The program is grateful for the recent donation of xylophones from Manitou Elementary School. The instruments have greatly enhanced the music portion of the weekly sessions, Jennifer says.

“And right now one of our Moms is a music teacher on maternity leave, so that has been a big plus also.”

In addition to the regular weekly sessions, the resource centre offers special events. One of the most popular has proven to be the annual Family Day skating party in February.

“It has become a community event,” Jennifer says.

Although situated in Manitou, the programming has also drawn participants from the neighbouring communities of LaRiviere, Darlingford, Pilot Mound, St. Leon, Somerset and Morden.

Funding comes from Healthy Child Coalition – Central Region and is supplemented by fundraising. In the past the centre received grant support from Healthy Living Together (Southern Health) to run three intergenerational Kids in the Kitchen sessions.

Program coordinator is Kirsty Howatt who is responsible for administration.



**Rapt attention**

---

### TRAINING OPPORTUNITIES

**All Aboard the Number Train** – May 18, Ag Research Station, Carman (half day)

**Bookmates Family Learning Olympics** – June 8, Ag Research Station, Carman (full day)

Email [hcc.centralrehgion@gmail](mailto:hcc.centralrehgion@gmail) for more details

### THOUGHT FOR THE SEASON



“Magic is seeing wonder in nature's every little thing, seeing how wonderful the fireflies are and how magical are the dragonflies.”

— Ama H. Vanniarachchy

