

# VILLAGE VOICES

*It takes a village to raise a child*

Healthy Child Coalition – Central December 2020

*What can we say about 2020? We wish it never was?*

*We'd like to do what a pencil end does?*

*ERASE IT?*

*If only...*

*Every year's a patchwork of happy times and sad,*

*This year's quilt stained badly by a virus strain gone mad.*

*"We're all in the same boat here"; that's not completely true.*

*Some boats are old and leaky, others big and new.*

*What we share are the tides that rock us*

*And the will to ride them through.*

*The voices of the village are loud and clear,*

*United in caring for those we hold dear.*

*Hold tight to those we can; reach out to those we can't.*

*We all of us will benefit from the kindness that we grant.*

*And as we approach the end of the year*

*Traditionally filled with much light and good cheer*

*May our lights shine brighter throughout the dark night*

*To offset our wishes to hold loved ones tight.*

*With faith that our efforts to manage and cope*

*Will lead to a New Year of promise and hope.*

Healthy Child Coalition  
Central Region



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Check us out on  
Facebook!

Follow our blog

“Living in the Village”

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

Our best wishes to all in  
Central Region  
for a holiday season  
spent in safety and  
good health.

### ***The Funniest Face***

*The funniest face  
looked out at me  
From a silver ball  
On the Christmas Tree!  
At first, I thought  
It was Santa's elf,  
But I looked again and  
It was just myself!*

*~Anonymous*

### **Peppermint Stick**

*Author Unknown*

**I took a lick  
Of a peppermint stick  
And oh it tasted yummy!  
It used to be  
On the Christmas tree  
But now it's in my tummy!**

### **Little Pine Tree**

*Author Unknown*

**I'm a little pine tree  
As you can see,  
All the other pine trees  
Are bigger than me.  
Maybe when I grow up  
Then I'll be  
A great big merry  
Christmas tree!**

## **Five Little Reindeer**

*Author Unknown*

Five little reindeer playing in the snow  
The first one said, "Can you see my nose glow?"  
The second one said, "Listen to me sing!"  
The third one said, "I can hear the bells ring."  
The fourth one said, "Let's eat the pie!"  
The fifth one said, "I'm ready to fly."  
Then clomp went their hooves  
And the snow fell white  
As the five little reindeer flew out of sight.



## **REINDEER SNACKS**

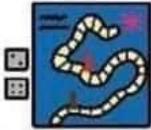
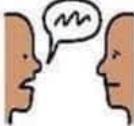
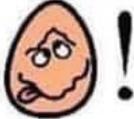
### **Ingredients:**

Graham crackers  
Peanut butter (Cream cheese is a peanut-free alternative)  
Raisins  
Mini pretzels  
M&Ms (raisins or skittles are peanut-free alternatives)

### **Directions:**

First, have the children spread the peanut butter (or peanut butter alternative) on a graham cracker square. Next, let the children get two mini pretzels to add as the reindeer's antlers. Have the children add two raisins for the reindeer's eyes. Let the children choose an M&M for the reindeer's nose. Finally, let the children enjoy their Christmas snacks! Be prepared to make more reindeer treats!

# Parent's Chart

|  | M | T | W | TH | F | S | S |
|--|---|---|---|----|---|---|---|
| Hugged my kid for no reason<br>   |   |   |   |    |   |   |   |
| Helped my kid clean their room<br>  |   |   |   |    |   |   |   |
| Took a calming breath before talking<br>                                      |   |   |   |    |   |   |   |
| Played a board game with my kid and had fun<br>                               |   |   |   |    |   |   |   |
| Apologized when I got upset<br>   |   |   |   |    |   |   |   |
| Showed GRACE to my kid when they got upset<br>                               |   |   |   |    |   |   |   |
| Did something silly, just to make my kid laugh<br>                          |   |   |   |    |   |   |   |
| Did something just for me, because when I am not calm neither is my kid<br> |   |   |   |    |   |   |   |

## A COVID BEHAVIOUR CHART FOR PARENTS

(The chart was first shared on Facebook by Affinity Consulting, an educational consulting agency for children and teens with special needs and their families, and it quickly went viral with over 26K shares.)

***Just because it's funny doesn't mean it's not valuable advice!!***

## RICE KRISPIE CHRISTMAS TREE TREATS



1. Spray a 9x13 baking pan with non-stick cooking spray
2. In a large pan, melt 3 tablespoons butter and 1 10-oz package marshmallows while stirring constantly over medium-high heat
3. Once the marshmallow butter mixture is nice and smooth, add 3 drops green food coloring (or as needed) and mix
4. Remove from the heat, stir in 6 cups Rice Krispies, and mix until cereal is coated
5. Press evenly into your greased pan then sprinkle with sprinkles
6. Allow to cool for 30 minutes then cut into triangles
7. Insert a pretzel stick into the base of each triangle to form the tree trunk

December

## CHILDREN'S BOOKS ABOUT COVID

**When We Stayed Home** -by Tara Fass, Judith Proffer, et al. Follows one boy's pandemic journey as he navigates staying home, missing his friends, and trying to be a "super-helper." Ages 3-8. Available at McNally Robinson and Amazon

**Paula and the Pandemic** – by Dorothea Lawrence. Paula learns patience among quarantine by growing a sunflower from a seed. Amazon

**Stuck Inside** by Dan and Kathryn Allman. Toddler to age 4. This rhyming story was written to explain to UK children what the coronavirus lockdown means. Amazon and McNally Robinson

**Lucy's Mask** by Lisa Sirkis Thompson helps anxious children learn to feel comfortable with our new mask-wearing reality. Ages 0-12. Amazon, McNally, and Chapters.

**Good Morning Zoom** by Lindsay Rechler. This parody of Goodnight Moon covers Zoom schooling, family video chats and more. Ages 3-5. Amazon, McNally Robinson, and Chapters

**The people stayed home** illustrates the popular pandemic poem by Kitty O'Meara. Amazon, Chapters and McNally Robinson.

**PLEASE NOTE: Although these books were in stock at the specified locations at the time of writing, demand is high. In addition, there are shipping delays because of extra high volumes at this time of year.**

### This one is free!

**My Hero is You**", a story developed for and by children around the world, offers a way for children and parents to together think about the questions the pandemic raises. Designed to be read by a parent, caregiver or teacher alongside a child or a small group of children, the story was shaped by more than 1,700 children, parents, caregivers and teachers from around the world who took the time to share how they are coping with the impact of COVID-19.

Access the online book at:

<https://www.unicef.org/coronavirus/my-hero-you>

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## THOUGHT FOR THE SEASON



"I heard a bird sing in the dark of December. A magical thing. And sweet to remember. We are nearer to Spring than we were in September. I heard a bird sing in the dark of December."

– Oliver Herford

