

VILLAGE VOICES

It takes a village to raise a child

Healthy Child Coalition – Central January 2021

Mark Your Calendars

Tuesday, January 12 – Family Resource Program meeting via Zoom 1-2 p.m. This month's topic: Fundraising.

Wednesday, January 13 – Kit & Kaboodle Train the Trainer training. To be run weekly via Zoom for four weeks Wednesdays at 1 p.m. Each session lasts one hour. Participants who complete the training will receive a certificate acknowledging their qualifications to train facilitators in the family literacy program Kit & Kaboodle.

Friday, January 22 - via Zoom – 12-3 p.m.
BENDING NOT BREAKING: Fostering the Essential Building Blocks of Resilience in Children. Facilitator Laurie McPherson.

Resilience refers to the capacity to cope with adversity and thrive in the face of change. In an increasingly fast-paced and changing world, children benefit greatly from developing a range of skills to manage stressful situations and thrive in the face of adversity. These skills and tools will serve them well throughout their lives. In this workshop, you will learn about the essential building blocks of resilience and a variety of practical tools adults can use to help children develop resiliency skills such as: developing confidence and competence, coping in stressful times, developing adaptability and flexibility, finding alternative ways to deal with problems and the importance of connection. Through everyday interactions with children, adults can foster resilience on an individual and collective basis, creating an environment where children can grow and thrive to their best ability.

For further information, contact the coordinator at
hcc.centralregion@gmail.com

Healthy Child Coalition
Central Region



Contact us:

Healthy Child Coalition –
Central Region
Temporary Address
148-1 Snow Street
Winnipeg, MB R3T 2M4

Telephone
204-505-1525

Cell
204-871-0222

Or
204-823-0369

Email
hcc.centralregion@gmail.com

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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 New Year full of
good health, hope and
happiness.

Corduroy Was a Bear

(tune: This Old Man)

Corduroy was a bear,
He had no friends anywhere.
He lost his button, and he
was all alone,
Until a girl named Lisa took
him home.

Snow Song

I like to walk on fresh fallen
snow
The kind that whispers and
speaks
It sings a song as I walk along
With crackles and scrunches
and squeaks.

Fill-Ins

When it's snowing and I'm
outside
I like to _____
(e.g., make angels)
I like to _____
And I like to _____
But when it's snowing and I'm
inside
I like to _____

Snowman

Once I was a snowball
Then I grew and grew
Now I am a snowman
How do you do?
-



FLUFFY SNOW SLIME

½ cup white washable school glue (e.g., Elmer's)

3 cups foam shaving cream

½ tsp baking soda

1 tbsp saline solution

Add 3 cups shaving cream to a bowl. Gently mix in ½ cup washable white school glue. Stir in ½ tsp baking soda. Mix in 1 tbsp saline solution and stir until slime forms and pulls away from sides of the bowl. If your slime still feels too sticky, squirt a few drops of saline solution onto your hands and knead a little longer.

Store in plastic or glass reusable container.

FROZEN BUBBLES



To make frozen bubbles you will need [bubble solution](#) and [bubble wands](#). Sometimes in the winter, it's difficult to find bubble solution in stores. If this is the case, you may wish to make [homemade bubble solution](#) with glycerin, dish soap, and distilled water. No glycerin? Check your kitchen cupboard for a bottle of [light corn](#)

[syrup](#) and use that instead.

Start the fun by blowing bubbles into a bowl with a paper straw. A thin layer of ice soon appears on every bubble. The ice appears to float and slide along the surface of the bubble.

The bubbles form crystals, freeze, then completely collapse into shimmering fragments. Scoop up the shattered bubbles with your hand and blow them into the sky like foam.

Use bubble wands to blow bubbles the old-fashioned way. The bubbles freeze mid-air, explode, then drop to the ground. Sometimes, a bubble will cling to a hedge or bounce along the surface of the snow like a ball, until it shatters or rips.

For best results and longer-lasting frozen bubbles, blow the bubbles in an area shielded from the wind.

"The shortest day has passed, and whatever nastiness of weather we may look forward to in January and February, at least we notice that the days are getting longer. Minute by minute they lengthen out. It takes some weeks before we become aware of the change. It is imperceptible even as the growth of a child, as you watch it day by day, until the moment comes when with a start of delighted surprise, we realize that we can stay out of doors in a twilight lasting for another quarter of a precious hour."
- Vita Sackville-West

January

Interim coordinator Sharron Arksey wrote this column almost twenty years ago when she was still writing for Portage area community papers. “I notice two things when I reread this column in light of the year we have just ended. One, that many of the items on my list are not impacted in any way by COVID. Lilac scent, bird song, snow sounds, written letters – how important they can be and how much we take them for granted. And two, that those that have been curtailed by COVID restrictions are those that involve human connection – how much we need those connections and how they also may have been taken too much for granted. Lessons first learned long ago, but re-learned over the past year.”

I am not big on New Year’s resolutions. They may be made with good intentions, but they seldom last. Instead I have made a list of things I would like to do within the next twelve months. They are in no particular order.

To spend an entire day with my best friend.

To listen to The Cat purr.

To bring in an armful of lilacs in the spring and put them in a vase in my living room.

To introduce Lord of the Rings to The Son – not as easy a read as Harry Potter, but equally enchanting.

To wave a Canadian flag on Canada Day.

To wear red on Valentine’s Day, green on St. Patrick’s Day and orange at Hallowe’en.

To take winter walks just to listen to the sound of snow crunching beneath my feet.

To write more letters.

To get up at dawn in the early spring and hear a bird sing.

To listen more and dictate less to my children.

To spend five minutes just looking at clouds. Ditto for stars.

To tell one joke each day.

To play catch with The Son.

To look for killdeer nests on the lawn.

To search for crocuses in April and lady slippers in June.

To say, “No, I do not have time to do that” and not feel guilty.

To watch the news less often and listen to music more.

To shut off the alarm and sleep in occasionally.

To spend a day with The Daughter, just the two of us.

To accompany The Man on summer drives to the pasture to check the cows.

To see a rainbow.

To worry less about time flying and just enjoy the flight.

To write a poem.

To dress up for Hallowe’en.

To hug The Daughter and The Son at least once a day each.

To give handmade Christmas gifts to everyone on my list.

To eat twelve pieces of Christmas fruitcake – each one earning me a month of good luck in the new year – and not gain weight as a result.

To finish the year as it began – with family close at hand.



THOUGHT FOR THE SEASON

Hope smiles from the threshold of the year to come, whispering, 'It will be happier.'

Alfred Lord Tennyson

