

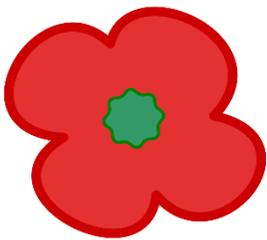
VILLAGE VOICES

It takes a village to raise a child

Healthy Child Coalition – Central November 2020

Giving Thanks

Regional Coordinator Karyn Davis, who had been with the coalition since June 2019, has resigned for health reasons. We wish her well. Former coordinator Sharron Arksey is stepping out of retirement temporarily and will serve as coordinator until March 31, 2021. Village Voices is also returning and will appear monthly until then.



Lest We Forget.

Thanksgiving may be over, but it is always appropriate to express gratitude for those to whom it is due. Here in Central Region, there are many to thank:

- Former regional coordinator Karyn Davis whose expertise and insight were instrumental in helping the coalition get through these unprecedented times
- Coordinators and facilitators of community parent-child programs in Central Region who have done and continue to do their best to offer creative and innovative programming ideas during the time of COVID.
- Health care professionals who offer guidance and support to the public and to individuals and whose front-line service is essential to our welfare.
- Education professionals who have striven to provide learning opportunities to their students at this time, and
- Front-line workers - cashiers, postal workers, truckers and more - who daily risk infection to do their jobs and provide services to the public.

Healthy Child Coalition
Central Region



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Facebook!

Follow our blog

“Living in the Village”

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

Want something
included in this
newsletter?

Contact Sharron Arksey,
coordinator

Simple Activities for children that do not involve screen time

We know that too much screen time is not a good thing for our children. Here, courtesy of the US Department of Health and Human Services, are some simple activities that can be done at home without screen time. Some require supplies; others do not. Many will be already familiar to Central Region families.

- ❖ Tell stories! These could be fairy tales or old-time stories from your childhood.
- ❖ Play Story Building. One person starts the story, and then other family members add to it.
- ❖ Dance! Make up a dance to your favourite song!
- ❖ Play “Name that tune”. Hum a tune or say a line from a song and get your child to guess the name of the song.
- ❖ Play Eye Spy.
- ❖ Play Follow the Leader.
- ❖ Go for a walk, if weather permits.
- ❖ On a clear night, look at the stars.
- ❖ Read to your pet.
- ❖ Play a ball game using a crumpled-up wad of paper.
- ❖ Have a child draw or trace their hand or random shape and see what animals you can make out of it.
- ❖ Write letters to friends and family.
- ❖ Have a treasure hunt.
- ❖ Have a camp out using sheets or blankets to make tents over furniture,
- ❖ Put together puzzles.
- ❖ Use Legos to build something as a family.
- ❖ Cook or bake together,

Daily activities for you and your pre-school child

(Courtesy of Alberta Health Services. Adapted to fit possible COVID restrictions. Suitable for children aged 3-5)

On recipe cards write out the letters of your child’s name. Then hide the cards around a room and ask the child to find them all. Arrange the cards in the correct order.

Try whispering a secret to your child and have them pass it on to someone else or repeat it back to you. Can they hear and repeat?

With small stickers (stars or dots) outline shapes (circle, square, etc.) Then have your child connect the dots to make the shape and colour inside. Name the shapes.

Look at your child’s baby pictures together. Talk about how they have changed. Measure how tall your child is and show them how big they were when they were born.

Make trail mix together. Have your child scoop and mix ½ cup of dried fruits like raisins, apricots, etc. with ½ cup sliced nuts and ½ cup whole grain cereal pieces together.

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Fill an aluminum pie plate with water and freeze it. Check on it periodically together. When frozen let your child play with it in a sink, run water over it, watch how it melts.

Place some paper clips into a small box, then with a magnet under the box, show how you can make them move with magic! Show them how you did it so your child can try with someone else.

Call out three animals, colours, or body parts and if they are all the same (red, red, red) then they can hop or skip to a certain point, If they don't match, then they stand still.

Have a 'number' day. Draw numbers, make play dough numbers, make numbers with yarn, count items and match to numbers, have a numbers hunt, etc.

Stay still and silent for two whole minutes.

Give your child a blanket ride on a smooth floor. Have them sit on one end and then pull the other and give them a ride. Ask them to tell you fast or slow. Good workout!

With play dough, hide little plastic toy figurines inside, and then have them 'rescue' from the dough by digging them out.

Play the memory game: "I went to grandma's and I took _____". Get your child to repeat what you said and then add another item. Continue and see who can remember!

Turn on some dance music. Join your child and dance and make some stuffed animals/dolls dance with you, too! "So, you think you can dance?"

Musical beans: Have your child create their own musical instrument by adding dried beans to an empty bottle or container and then close. Shake to the beat of your favourite song.

Practice deep breathing with your child. (This will be especially helpful at night or when angry to help them calm themselves and settle.)

Pretend to be different animals with your child. Slither like a snake, swing like a monkey, walk like an elephant, duck, bear, etc.

Sing "Twinkle Twinkle Little Star" or recite "Star light, star bright". Then make a wish together.

Play hide and seek with your child. Encourage them to count to ten or more! Colour in a colouring book together while listening to music. Colour according to the rhythm of the music (fast or slow).

Make a lacing card out of cardboard, cut a mitten shape, and then punch holes around the outside. Use a shoelace or yarn and thread through the holes with your child.

Teach your child how to do jumping jacks. Ask them to show you how high they can jump, ask them to jump over different items.

Mental Health in the Days of COVID

These are strange and unusual times for everyone. Children are impacted by traumatic events and disrupted routines and parents want to know how they can ease the emotional blow of this crazy time.

The following strategies are taken from Huffington Post, with suggestions from an assortment of children's mental health specialists.

1. **Establish routines.** Consistency and structure are calming for children. Divide the day into chunks and assign activities for each chunk. Alternate activities that the children like with activities they are not so happy about. Make sure mealtimes are regular and stick with the wake-up and bedtimes that they are used to.
2. **Encourage virtual social interaction.** Use screen time strategically to foster connections with other family members and children. Make those social connections part of their daily routines.
3. **Validate their feelings.** Talk about what is happening. Let them express their disappointment that they cannot go to a birthday party or invite friends over.
4. **Make time for physical activity.** Utilize any outside time for lots of activity.
5. **Take care of your own mental health.** Many experts point to the airplane rule – put on your own oxygen mask before helping your children with theirs. Meeting your own needs allows you to support your kids.
6. **Be present.** Set aside times when you can offer your full and undivided attention.
7. **Share information.**
8. **Limit news exposure.** Take a break from the news and instead engage in family activities or calming activities.
9. **Share coping mechanisms** – reading, journal writing, listening to music, drawing.
10. **Emphasize what can be controlled.** Children benefit from talking about the ways they can help keep their family safe and healthy, such as washing their hands regularly.
11. **Talk about giving back.** Could you volunteer to walk someone's dog? Could you deliver baked treats to a someone? Send homemade cards to family members or neighbours? Pick up mail at the post office for an elderly neighbour?
12. **Use resources.** Visit <https://gov.mb.ca/covid19/restartmb/prs/southern/index.html> or Southern Health information or <https://www.gov.mb.ca/covid19/> for province-wide information.



THOUGHT FOR THE SEASON

In November, the trees are standing all sticks and bones. Without their leaves, how lovely they are, spreading their arms like dancers. They know it is time to be still.

– Cynthia Rylant

