

It takes a village to raise a child.

Healthy Child Coalition
Central Region



Village Voices

The end of another school year

Healthy Child
Coalition—Central
Region

May-June 2013

We're heading into the homestretch for this year's parent-child programming. A family resource program meeting was held May 2 in Carman with eight program coordinators attending. Participants spent the morning reviewing the Early Development Instrument (EDI) and its five domains: physical health and well-being, social competence, emotional maturity, language and thinking skills, communication and general knowledge. The afternoon was spent in group discussions on the Best Practices manual for

parent child programs in the province.

Registrations are full for the Bookmates Rock and Read training May 23-24!

Thank you to all programs which participated this year in the formal evaluation of the Kit & Kaboodle evaluation program. And for those of you who will be running sessions in May and June, please get your evaluation forms back to Sharron Arksey as soon as possible after the end of the sessions. The independent contractor hired to conduct

the survey results analysis will be completing his report over the summer.

The 2013-2014 grant application deadline has passed and the HCC-CR steering committee will make its decisions in June.

Plans for the aboriginal literacy facilitator training have been moved back to the fall. Please watch for further details.

The next issue of this newsletter will have a different look. The front page of each issue will feature one of Central Region's parent-child programs.

Tidbits

- © Healthy Child Coalition—Central Region is on Facebook. Check it out!
- © Have comments or suggestions for this newsletter? Contact Sharron Arksey at hcc.centralregion@gmail.com or 204-445-2326.
- © Next issue will be out September 2013

Please note that our email address has changed

New resources available for borrowing

Healthy Child Coalition—Central Region has several new resources available for use by community partners. New items on our shelves include:
“Developmentally Appropriate Practice in Early Childhood

Programs” (book and CD-ROM)
“The Intentional Teacher: Choosing the Best Strategies for Young People’s Learning” (book)
“Spotlight on Young Children and Nature” (book)
“You, Me and the ABCs”
101 Ready for Reading

Activities for Kids and their Favourite Grown-ups” (book)
“Practical Strategies for Teaching Social Emotional Skills” (DVD).

Contact our office if you would like to borrow one of these or if you have questions.

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Rhymes and action songs for spring and summer

One Little Flower, One Little Bee

One little flower, one little bee.
One little blue bird, high in the tree.
One little brown bear smiling at me.
One is the number I like,
you see.

Insects All Around

Improvise a tune or sing to the tune of
"Twinkle, Twinkle, Little Star"

Lady bugs and butterflies,
Buzzing bees up in the sky.
Teeny, tiny little ants,
Crawling up and down the plants
Many insects can be found
In the sky and on the ground.



Farmer, Farmer

(Action Rhyme)

Farmer, farmer, dig and plant, (Pretend
to dig and plant.)

Farmer, farmer, dig and plant,
Farmer, farmer, dig and plant,
Dig and plant the soil.

Mr. Sun, shine so bright, (Make circle
with hands above head; shine down on
ground.)

Mr. Sun, shine so bright,
Mr. Sun, shine so bright,
Shine and warm the soil.

Mrs. Raindrop, fall, fall, fall, (Raise
hands up high; bring fingers down like
raindrops.)

Mrs. Raindrop, fall, fall, fall,

Mrs. Raindrop, fall, fall, fall,
Fall and water the earth.

Tiny seed, grow, grow, grow, (Crouch
down in a little ball; grow slightly on
each "grow.")

Tiny seed, grow, grow, grow,
Tiny seed, grow, grow, grow,
Grow up big and tall.

(Raise hands high and spread out arms,
like towering plant.)

Lovely plant, bud and bloom, (Cup hands
around face and slowly open them up,
like a flower blooming.)

Lovely plant, bud and bloom,
Lovely plant, bud and bloom,
Bud and bloom for me.

Coffee Filter Flowers for Mother's Day

What you'll need...

- Markers
- Papers to cover work area
- Coffee filters
- Chenille stem

What to do...

1. Cover the work area and have the children draw or colour on 5-7 coffee filters.

2. Place one coffee filter coloured side down on the table. Put remaining filters on top of first coloured sides up.
3. Fold filters in half and scrunch as shown.
4. Wrap chenille stem around scrunched area to hold in place. Straighten chenille to make a stem.
5. Make as many as you like. Mom will love the bouquet..



Ideas for Father's Day



Here's what you'll need...

- popsicle sticks

- markers or paint
- white paper
- Scissors
- Glue

Here's how you make it...

1. Colour or paint four popsicle sticks any colour you wish.
2. Draw a picture of dad or a picture of something you think Dad will like.
3. Assemble the popsicle sticks as shown in the picture and glue

together.

4. Cut your picture to fit within the frame and glue to the back of the frame.

Another idea:

Put painted hand or foot prints on a sheet of white paper and use as wrapping paper for your Father's Day gift!

Playing games to prepare for kindergarten

When that time comes, we all wonder whether our child is ready for kindergarten (and some of us wonder whether kindergarten is ready for our child!)

The following games will help us determine how ready our child is for the big change that is coming in his/her life. Work them into everyday life as you're going about your daily routines.

1. Is your child able to fill in the last word of these sentences?

- A. A fire is hot; ice is _____.
- B. A jet plane goes fast, but a turtle goes _____.
- C. Daddy is a man; mommy is a _____.
- D. The roof is up; the basement is _____.
- E. The elephant is big; the mouse is _____.

This one lends itself to endless variations and can be a fun game at any time (while going on a long drive, for example, or while waiting for an appointment)

2. Draw a stick figure on a piece of paper. Can your child tell what is

missing if you leave out the eyes?

Try again, and leave out a leg. Or an arm.

3. Is your child able to draw or copy a square?

4. Can your child name a triangle, a square and a circle when he/she sees it?

5. Can your child name three or four colours to which you point?

6. Can your child tell you what his/her eyes, ears and mouth are used for?

7. Is your child able to tell you in what way a sweater, shoe and hat are the same?

8. Does your child know his own first and last name?

9. Does he know his own age and sex?

10. Does he know his phone number and address?

11. Does he know the names and relations of family members including mother, father, brothers, sisters and grandparents?

12. Can he name or identify the parts of his own body (even small body parts like fingernails, eye-

lashes)?

13. Does he know the names of his clothing?

14. Does he know how to take off and put on his own shoes and jacket by himself?

15. Can he do up the buttons, snaps and zippers on the front of his clothes?

15. Can he take himself to the bathroom without help? Does he remember to wash his hands and flush the toilet? Does he blow his nose all by himself?

These questions were taken from "Small Steps Big Futures" a publication of Healthy Child Manitoba. This manual has been used by home visitors in the province.

"It is a happy talent to know how to play"

-

Ralph Waldo Emerson

Prevent head injuries - wear your helmet properly!!!

In the spring of 2012, the province of Manitoba, in effort to reduce the number of cycling head injuries, has introduced a legislation that requires cyclist under the age of 18th to wear a properly fitted and fastened protective helmet.

Wearing a properly fitted helmet has been shown to reduce brain injuries by 88% and head injury by 85%. In order to properly fit your helmet there is a simple rule to follow, the rule is called: **2-V-1**.

2 - Two fingers distance from helmet to eyebrows

V- V-shape straps around both ears

1 - One finger between chin and strap

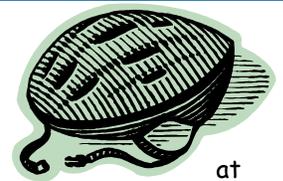
Once your helmet is fitted properly and in place, make sure you follow the 3Rs of safe cycling:

Same **R**oad- Bike and car have to share the road

Same **R**ights -You have a right to your space on the road

Same **R**ules- Everyone needs to follow traffic signs

Your organization can borrow a helmet fitting display to use



at your center or at a community event. The display covers helmet fitting and bike safety and includes fact sheets, interactive activities, how to set up a helmet fitting station and helmets to demonstrate with. To book the display call your Healthy Living Facilitator or our regional office at 204-428-2736.

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Healthy Children, Healthy Families,
Healthy Communities



Healthy Child Coalition
Central Region



Healthy Child Coalition - Central Region... is one of 26 parent child coalitions funded through Healthy Child Manitoba.

HCC-CR ... is a network of partners: Parent groups, Family resource programs, Child care programs and nursery schools, Schools and school divisions, Child protection agencies, Aboriginal, French and other cultural groups, Recreation and sport groups, Local governments, businesses & community groups, Provincial government departments working together for healthy children, healthy families and healthy communities.

HCC-CR ... is one component of a wide-ranging series of provincial supports that includes Families First, Healthy Baby, Triple P Positive Parenting Program, Healthy Schools, Roots of Empathy and more.

HCC-CR... is a source of funding for parent-child programming across Central Region. Supported programming is family-focused and community-based, focuses on parenting skills, nutrition and physical activity, literacy and capacity building.

HCC-CR ... is part of the village that raises the child.

Go for a walk—and learn through your senses!

Spring has taken its time to arrive this year, but it looks as if it finally has. And when the sun shines and the grass turns green, nothing will be nicer—or better for all of us, child and adult alike—than a walk outdoors.

You could make it a sight walk, which is rather like playing “I Spy”. What do you see? A blue sky? (We can hope!) A bird? A car? A flower? As your child matures, you can make the game more challenging. Introduce colours, for example. Can you see something

blue? Something yellow? And, more challenging yet, can you see something that begins with a ‘b’ sound? Or make it a rhyming game. Can you see something that rhymes with ‘glass’?

Another idea is to make it a sound walk. What do you hear? A barking dog? A mooing cow? A buzzing bee? A moving car? An airplane in the sky? As the child gets older, he/she will be able to tell the difference between different sounds and name them. For example, he will recognize the ‘honk honk’ of a goose overhead and know it is different from the ‘tweet tweet’ of smaller birds.

What might you smell on such a walk? The smell of fresh-cut grass? The scent of lilacs in bloom? Appetizing smells outside a restaurant? Barnyard smells? What does your skin smell like after you have been outdoors?

And finally, perhaps you could use your sense of touch as well. What does the bark of a tree feel like? The petal of a flower? How fuzzy is a fuzzy caterpillar?

“To inspire curiosity and enthusiasm for learning, there is no substitute for hands-on child-initiated inquiry about the natural world”.— Spotlight on Young Children and Nature.



*May your
Spring and Summer
Be
Safe, Healthy
& Full of Family Fun!*