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Summer Fun

1. The Zoo and Assiniboine Park
Summer is wonderful time to visit the city’s largest park that has tons of new attractions like the Children’s Garden, the Butterfly Garden, the Park Cafe and of course the exciting Winnipeg Zoo. Check out the extreme BUGS exhibit featuring 19 giant, animatronic bugs along the forested trail inside the Zoo. Included with regular Zoo admission, the exhibit will transport visitors into a vivid, dynamic, and awe-inspiring new environment where they can experience how the world would appear from a bug’s eye view. Check out Journey to Churchill with the Polar Bears, Polar Playground, Toucan Ridge, the tropical house, the butterfly garden and the Australian Walk-About. The Kinsmen Discovery Centre is especially interesting for kids, as are the antics of the monkeys in the monkey exhibit. Have lunch at the Tundra Grill! Lions, tigers, camels, bison, peacocks and leopards are all waiting for your visit. Did you know there is still a mini steam train as well as horse and buggy rides too? www.assiniboinepark.ca

2. Get with The Fringe!
Take in the Winnipeg Fringe Theatre Festival is North America’s second largest Fringe festival. Over 100 theatre companies presenting exciting and innovative new theatre over 12 jam-packed days. Outdoor stage and Kids Fringe feature street performers, buskers and bands from noon to midnight daily July 18 to July 29. Kids Fringe offers Free Hands-on Fun including crafts, games, live entertainments Noon to 3pm weekdays and noon to 6 pm on weekends; www.winnipegfringe.com

3. The Library
A place holding thousands of adventures in books, DVDs and more! All can be taken home with just a library card... Still Free. Kids can register for the TD Summer Reading Club and other summer programs at each branch and families can go there together and are guaranteed to find something of interest. Take the time to pick up a book that you can read together. If you love to read, chances are your child will love it. Visit the downtown branch for a change from your local branch. www.winnipeg.ca/library

4. Visit a Farmer's Market!
There are so many of them throughout the city and province! It is a great place to wander and enjoy the many locally grown fruits, vegetables, meat, candy and crafts. Check out the list of markets in this issue.

5. Visit a Museum every week this summer!
The Manitoba Museum offers great fun for everyone! Visit the galleries, the Science centre and the Planetarium for a day of fun! Check out the new summer exhibit Hockey: The Stories Behind our Passion opening JULY 6. his one-of-a-kind travelling exhibition offers visitors an exciting interactive experience showcasing high points in the sport from both yesterday and today. Exploring the importance and influence of hockey, this exhibit looks back to the past 100 years and brings the history of the sport to life. Register your kids for summer camp programs too; www.manitobamuseum.ca.

The Manitoba Children’s Museum offers so much fun in their many galleries for kids and adults alike! Check out Castle Builder! Builders of all ages are invited to explore, build, and play in the Children’s Museum’s new travelling exhibition. Running until September 3rd; www.childrensmuseum.com

In this exhibition, guests are transported to a kingdom where they become castle builders, building their own toy castle brick by brick. In Castle Builder, builders of all ages and skill levels can construct castles, learn about real-world castles and their building secrets, and plan their ideal castle’s defenses. Guests can even explore the inside of the royal castle, test their fortress designs with a catapult, and spot a dragon. Sign up for the Children’s Day Camp programs too. www.childrensmuseum.com.

The Manitoba Electrical Museum at 680 Harbour is a unique and interesting destination. They are open Monday to Thursday 1pm-4pm and admission and parking is FREE. Group Tours can be booked too. www.museum.mb.ca

The Royal Canada Aviation Museum is a hidden gem offering an interesting look at aviation history. There is also a hands-on exhibit for kids. Visit www.rcam.ca for their latest exhibits.

6. The Beach
Hate the long drive to the Winnipeg Beach, Falcon Lake or Grand Beach? There’s great news about a beach that’s even closer: Stonewall Quarry Park is a man-made beach with fresh water pumped in and sandy beaches all around. You may remember going there as a child. Good news, it’s still there for summer family fun! Lifeguards are on duty and there are snack bars, washrooms and change room facilities too. Pack up the kids, beach blanket, sunscreen, hats, cooler, and toys and head to one of these terrific places so close to the city, the kids won’t have time to yell “Are we there yet?” Nothin’ but sun, fun and family! Visit www.stonewallquarrypark.ca

7. Parks and Recreation Wading Pools and Splash Parks
90 pools and 20 Splash pad Parks are located throughout the city and some are supervised by City Recreation Staff. All pools have washroom facilities and pool toys and some have water spray cannons, fountains, columns and water slides. Visit winnipeg.ca/topics/wading-pools to find a location close to you!

8. The Forks
Be a tourist in your own city and head to the Forks for a fun time. Walk the river trail then visit the Forks Market for unique crafts, fresh baking and produce and great restaurants too. Check out the buskers that will entertain all summer!

9. On a bad weather day... Take out a puzzle or game that the whole family can enjoy. Puzzles take patience and cooperation and you can start with easy ones and build up to more difficult ones as the kids become more skilled at doing them.

One the best summer games is Scrabble...a great way to develop language development, word recognition and spelling. Start with Kids Scrabble and graduate to regular Scrabble when the kids are ready. Keep it fun!

10. Plan a Play or Puppet Show
It’s a great way to channel their energy into something creative. It could be a month-long project to plan the event, practice, build the set, invite family and friends and even raise money for charity. Kids love being given a project and following through. You should be willing to help and support them through the project.

Registration begins Tuesday, June 19; the club ends Friday, August 17.

TOP Summer Family Fun Activities

Get Your Summer Read On!
Visit WINNIPEG PUBLIC LIBRARY to join the TD Summer Reading Club! Check out special events at winnipeg.ca/library.

• Kids can have fun, improve their reading skills and reduce summer learning loss.
• Receive a free bilingual reading kit.

Library Day at the Ballpark is Saturday, August 4! Thanks to the Goldeyes for donating game tickets for a prize draw at each library.

Join us at the library on Tuesday, August 7: 1:30 pm for the annual visit by Goldeyes baseball players.

Read all summer, just for the fun of it!

Registration begins Tuesday, June 19; the club ends Friday, August 17.
Tips to Help Your Kids Get the Most Out of Summer

While the summer vacation provides children with more freedom and a much-needed break from formal education, experts say this time of year is critical for learning and development and can contribute to their health and self-esteem.

Here are three ways to ensure your child gets the most out of this break.

1. Leave time for unstructured play. Many parents rush to fill their children’s time with scheduled activities, but don’t forget to leave space for unstructured play. A growing body of evidence suggests that play is central to the development of the mental, physical and social skills kids need to achieve their full potential in adulthood.

2. Spend family time. A summer holiday is not only perfect for creating lasting family memories, it can also be incredibly valuable to support your child’s self-esteem. When parents make time for one-on-one interaction with their kids, it can help reinforce their sense of self-worth and even support some areas of your child’s brain development.

3. Introduce your children to volunteering. Much of what young ones learn about community, integrity and generosity is learned from their parents. While busy schedules and homework can be an obstacle during the school year, the summer can be a perfect opportunity to engage your children in these issues through volunteering. To provide some structure and inspiration, organizations like Amnesty International offer a wide range of issues and activities for children of all ages to engage in with their parents.

Find more information online at amnesty.ca.
Summer Camp Superguide III

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2018 Summer Day Camps & Programs Directory

ADD Centre Summer Programs ........................................ 204-897-4493
Assiniboine Park/Zoo Camp, Winnipeg Zoo .......... 204-927-6070
Camp Manitou ................................................................. 204-837-4508
Canlan Ice Sports Summer Camps .................................. 204-788-8888
CMU Blazers Sports Camps, 500 Shaftsbury ............ 204-487-3300
City of Winnipeg Community Services Summer Programs.. 204-986-5663
Forum Art Institute Day Camps, 120 Eugenie St ........ 204-235-1069
 Ft. Whyte Summer Camp Programs .............................. 204-989-8364
Kickit Dance Studio Summer Programs ............................. 204-269-9003
Kindermusik Discovery, Roblin Blvd., St. Vital & The Forks 204-453-1222
Mad Science Day Camps Various Locations .................. 204-775-7959
Manitoba Children's Museum Camp, The Forks ............ 204-924-4000
Manitoba Museum Science Discovery Camp, 190 Rupert Ave 204-956-2830
Manitoba Theatre for Young People Summer Camps, The Forks 204-947-0394
Maples Academy of Dance ................................................ 204-697-9205
Oak Hammock Marsh Day Camps ............................... 204-467-3300
Oxford Learning Summer Programs ............................... 204-944-0898
Panthers Gymnastics Camps, 1016 Marion St ................ 204-233-0187
Partners for Learning Summer Programs ....................... 204-475-2199
Playmore Day Camp, Towne Island-Lake of the Woods .... 204-477-7512
Rady Jewish Community Centre Half & Full Day Camps 123 Doncaster ...................................................... 204-477-7510
Revolution Diving Summer Camps .................................. revolutiondiving@gmail.com
Royal City Soccer Camps ................................................. 1-800-427-0536
Royal Winnipeg Ballet School Dance Intensive ............ 204-957-3452
Sagehill Stables Summer Riding Camp .......................... 204-803-5940
Salvation Army Heritage Park Kids Camp, 825 School Rd ...................................................... 204-889-9203
Seven Oaks Wellness Institute Summer Camps ............ 204-632-3900
Skyzone Summer Camps: 204-888-JUMP
St. Maurice School Age Camp - 1639 Pembina Hwy ........ 204-284-0881
U of M Mini U Children's Camps, University of Manitoba .... 204-474-6100
Winnipeg Art Gallery Summer Camps ............................ 204-789-1766
Winnipeg Humane Society Day Camp, 45 Hurst Way ........ 204-982-2021
Winnipeg Syncho Summer Camps ................................. www.winnigpyschro.com
Wise Kenetic Energy Girls Coding Camp ....................... www.wisekineticeenergy.ca
YM/YWCA Day Camps, Downtown: 204-947-3044, South: 204-233-3476,
EK/Elmwood: 204-668-8140, West: 204-889-8052

Summer Riding Camps
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KIDS 7-12yo. August 6 to August 10
KIDS 7-12yo. August 13 to August 17
KIDS 7-12yo. August 20 to August 24
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204 235 1069
www.forumartcentre.com

204-233-0187
Get Unplugged this Summer!

By Maureen Penko - Speech-Language Pathologist

Summer has arrived and we think of ice cream, the outdoors and camp! But we can’t forget about our cell phones and digital access, or can we? In this issue camps are the highlight but I would challenge you all to reflect on digital communication and how it impacts our lives. In recent article on Social Media at summer camps by Ashley Dehudy M.D. she speaks about the purpose of camp.

"Camps want families and kids to have a positive, memorable experience. Having time away and connecting with the natural environment is essential. Camp is a really unique opportunity to establish a sense of community and form lifelong friendships. If parents allow kids to unplug from daily life and engage themselves at camp, it will be a very rewarding experience."

Safety and staying in touch is important, and when we send our kids to camp there is always a contact number for emergencies. That does not translate into your child needing to have a personal cell phone.

We don't yet understand the full impact that screen time and digital media are having on children. We ourselves are so plugged in that we may not realize that this digital modelling is being transferred to our children.

"Technology has transformed the way parents use digital media around their children."

Dr. Radinsky and colleagues from Michigan State University did a study on getting unplugged and her team found that parent mobile device use is associated with fewer verbal and nonverbal interactions with the children. This has also been a comment shared by kindergarten teachers whom I asked when researching the digital impact. Here is what they said. "Kindergarten children today come to school with less foundational knowledge, have more speech and language difficulties, and often lack play skills". On the other hand, they are more informed about how to access information on the computer.

So, start looking for camps where dynamic learning takes place, verbal skills are reinforced and self-esteem is developed through partnership with other children.

There is definitely a place for digital exposure but having said that, here are some pointers on how parents can get unplugged:

**Set boundaries.** Create a family plan that includes unplugged spaces or times of day. For example, you may abolish tech use at dinner-time or bedtime. Or maybe it’s right when you get home and your kids are excited to see you.

**Track your mobile use.** Consider creating a filter or block on your device to avoid the temptation of tech use at home. Think of ways to cut down technology time.

**Identify top device stressors.** Think about which parts of your mobile device use are most stressful for you. If it's reading the news or checking work email, for example, reserve these tasks for times when you know your kids are occupied.

So parents, camp is a really unique opportunity for your child and start thinking about getting unplugged this summer.

Maureen Penko is a Speech Language Pathologist. In addition to her experience in working in the school and medical systems, she is in private practice. Preschool and School-aged children are seen. For more information call Penko & Associates 204 510-7556 or email mpenkoassociates@gmail.com

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Families face a special set of challenges when preparing to hit the skies, but the Canadian Air Transport Security Authority has some guidance to help you stroll through security.

It starts when you’re packing. If you’re travelling with a child under two years old, things like baby food, milk, formula, water and juice are exempt from the usual 100 millilitre limit in your carry-on baggage. Any gel or ice packs brought to keep these items cool are exempt as well. Note that certain powders and granular materials - such as baby powder - are limited to a total quantity of 350 millilitres or less in your carry-on.

Once the whole family is packed up and arrives at the checkpoint, look for the Family/Special Needs line available at larger airports. The screening officer will need to inspect strollers, carriers and car seats, and you’ll also need to present any exempted liquids for inspection.

When it comes to toy guns, your child’s may look fake, but you’re still better off leaving it at home. Other toys, including small electronics such as handheld games, are permitted in your carry-on.

Travelling with kids can be a lot of work, but these tips should make it a little easier. Find more information at www.catsa.gc.ca.

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Birthday Parties * 204-775-7959

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www.manitoba.madscience.org

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Flying as a family: Success tips

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www.newscanada.com
Who doesn't love visiting a Farmer’s Market? Every year there seems to be more markets popping up in and around Winnipeg.

Check out a different one each week! Take the kids and enjoy browsing the fresh produce, arts and crafts and more!

The Forks Farmers’ Market
Sundays, June - September at The Forks Plaza, 11:00 AM to 4:00 PM

Downtown Farmer's Market
Thursdays, June - September at Manitoba Hydro Building, 360 Portage Avenue; 10:00 am to 3:00 pm

St. Norbert/Le Marché Farmers’ Market
St. Norbert Community Centre
June 1 - October 29, Wednesdays, 11am - 3:00 pm and Saturdays 8:00am-3:00pm;

River Heights Community Centre
1370 Grosvenor Avenue
Fridays, July - September. 12pm-3pm

South Osborne Farmer’s Market
725 Kylemore Ave. (Lord Roberts Community Centre)
June 20 - Sept 26, Wednesdays 4 - 8 PM

Main Street Farmers’ Market
865 Main St (Neechi Commons Parking Lot)
Fridays, July to mid-September, 12pm - 5pm

Transcona Biz Farmers’ Market
135 Regent Ave West, Transcona Centennial Square
July - August, on Thursdays 11-3 and Saturdays 8-noon

Wellness Institute Farmers’ Market
Front entrance of Wellness Institute at Seven Oaks General Hospital, 1075 Leila Ave.
July - Sept. on Tuesdays from 10:00a.m. to 4:00p.m.

West Broadway Farmers’ Market
669 Broadway, Thomson Funeral Home parking lot
July - Sept, on Wednesday 4-6:30 pm

West End Community Market
823 Ellice Ave
Every other Wednesday from 4-7pm (July 23, August 13, Aug 27).

West Kildonan Community Farmers’ Market
1680 Main St.
 Saturdays: mid July to mid September from 8:30 to 2

Wolsley Farmers’ Market
980 Palmerston Ave. at Ruby St.
Mid-June to mid-October on Tuesdays and Thursdays 4:00 - 7:00 pm

Visit a Farmer's Market this Summer!

Real fun always beats the virtual kind and this is the place where kids figure that out. Here, they learn to play real instruments, build real confidence performing and make friends in the process. That’s what kids do at School of Rock: Swap screen time for stage time!

NOW ENROLLING FOR SUMMER CAMPS AND ALL REGULAR PROGRAMMING!

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How to Inspire Summer Reading

While summer is the perfect time for kids to take advantage of days spent away from the classroom, remember not to put valuable skills, like reading, on the backburner. In fact, research estimates that 1-2 months of learning loss can occur during the summer months.

To help your child maintain his or her reading level and avoid the "summer slide" - which can be counteracted in part by reading 20 minutes a day over the summer - Kate DiCamillo, a two-time Newbery Medal-winning author and the Pizza Hut BOOK IT! Program literary partner, recommends finding ways to make reading a fun, interactive experience that incorporates children's interests.

"Reading together is one of the best ways I know to foster a love of reading," DiCamillo said. "You can read to your child. Your child can read to you. You can listen to an audiobook together. You can both read the same book at the same time and discuss it when you are done. Reading is a way to connect to each other and the world."

Help your student maintain his or her skills and find more summer reading tips and activities that align with those interests, and take advantage of pre-built lists at libraries or online resources like those at bookitprogram.com/summer, which offers a variety of book suggestions and activities to help increase reading during the summer months.

Program Participation

Many schools, bookstores and libraries offer summer reading programs for students. Joining a program can provide a way to track your child’s progress, and there are typically rewards involved for meeting certain criteria, which can provide a level of motivation that may otherwise be difficult to replicate.

Make Materials Matter

In addition to traditional books, summer reading can include materials of all lengths, from chapter books to short stories and even magazines or comic books. Even if you’re committed to limiting screen time during the summer, consider a compromise that allows for the use of devices to read e-books or listen to an audiobook.

Read on the Road

One of the best ways to ensure your kids are reading is to make reading materials available to them, even when you’re on the go during the busy summer months. Whether it’s a long road trip or just a trip to the store, taking books - or playing audiobooks - in the car is a perfect opportunity to squeeze in some reading time.

Fostering the habit during the summer can help ensure your child is prepared when school - and the annual BOOK IT! Program - starts again. The program, available to kindergarteners through sixth-grade students, helps motivate students to read by rewarding them with recognition and pizza. Learn more about the program and find more summer reading tips and activities at bookitprogram.com/summer.

Family Features

Incorporate Interests

During the school year, many of the books your student is reading are probably assigned, but summer offers the opportunity for him or her to choose what to read and tailor selections toward specific hobbies or interests, which can increase enjoyment. Start by creating a list of books and activities that align with those interests, and take advantage of pre-built lists at libraries or online resources like those at bookitprogram.com/summer, which offers a variety of book suggest...
ADHD and Sports Related TBI
Ivan Poturica BA
Director ADD Centre Winnipeg

There is increased awareness of sports related traumatic brain injury (TBI). How this injury interacts with ADHD can inform us about the outcomes for this group of children. Children with ADHD as a group tend to be more accident prone in everyday life and can have 5 times higher risk of sustaining some level of TBI. Some children that initially did not have attention issues can in time develop Secondary-ADHD. Those with moderate injuries have a higher risk of developing S-ADHD with symptom onset delays up to 10 years. These injuries can happen in diverse activities like: on playground equipment, bicycling, hockey, soccer, football, basketball and ringette.

After the initial period of recovery and treatment some experience post-concussion syndrome (PCS) lasting months to years. Symptoms include: headache, dizziness, and sleep problems, psychological symptoms like depressed mood, irritability and anxiety, problems with memory, concentration and thinking. Medical treatments help with some of these symptoms.

Heart Rate Variability (HRV) biofeedback is a promising intervention for treatment of sport concussions. HRV is a measure of physiological performance that can be a marker for anxiety and cognitively poorer performance in attention, concentration, working memory and executive functioning. These are some of the symptoms of PCS. HRV impairment caused by TBI can be modified and trained through exercise, diet and biofeedback. Neurofeedback (NFB) a form of brain exercise is proving to be effective during and after medical recovery to help resolve PCS.

The ADD Centre offers HRV and NFB training as part of a multi-modal program that includes personal performance counselling and psychological therapy to help those with brain injury recover and get on with their lives.

The brain like the body responds to mental exercise to improve its ability to avoid distractions, maintain focus and concentration. It is possible to learn the skill of controlling distraction, impulsivity and hyperactivity. NFB training gives the person access to the brain to achieve the focused winning mind. These techniques can make improvements in ADHD, ASD, Learning Disabilities and Anxiety. NFB training is 91% effective in resolving ADHD symptoms for those children that have completed at least 40 sessions of training. Over 96% find medication is no longer needed. In November 2012, the American Academy of Pediatrics approved biofeedback and neurofeedback as a Level 1 or “best support” treatment option for children suffering from ADHD.

Once trained the brain retains these skills over the long term. The improved focus, concentration and emotional control deliver benefits in academic, music, sport performance and all facets of life.

Start training at any time or take advantage of our accelerated summer program. Resolve your child’s ADHD this summer. Tax benefits may be available. Contact us for a free consultation with demonstration of training.

Email: addcentre@mts.net
Web site www.addcentrewinnipeg.com
FB: www.facebook.com/ADDCentreWinnipeg

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204-489-0303 www.littleyearsschool.com

ADD Centre
For more information call 204-897-4493

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Winnipeg Parent  |  June/July 2018
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Summer is a time for relaxing, enjoying the outdoors and spending time with family and friends. Yet for some, the warmer months can be hectic and busy, and often go by too quickly.

When the little ones have soccer practice and the adults need some alone time by the pool, there isn't always time to prepare a home-cooked meal or toil away in the kitchen. Ideal summertime meals, snacks and drinks should be refreshing, light, delicious and of course, easy on time and your budget.

Try these fresh summertime kitchen hacks and enjoy more time outdoors with friends and family, and less time sweating in the kitchen.

Ice Pop Paradise: For an easy dessert, try making homemade ice pops. Puree your favorite fruit with honey then add it to an ice pop mold. Add Greek yogurt and freeze. For more flavor, add mint or basil.

Coffee Delight: Coffee is often enjoyed hot, but during the summer, cooling things down can be a refreshing alternative. Make coffee and, after it cools at room temperature, blend it with ice and milk. This chilled version can keep you caffeinated and cool during those extra hot days.

Wishing for Watermelon: Watermelon might be the unofficial fruit of summer; it’s sweet, refreshing and a backyard barbecue staple. However, it can be messy, difficult to cut and challenging to devour. For less mess and more enjoyment, cut the watermelon in half crosswise then cut each half vertically into a grid to create easy-to-eat, snack-perfect sticks of watermelon.

No-Mess Sides: After a long day at work, going home to cook is one of the last things many people want to do. Try something quick, easy and multi-purpose like mix-and-serve slaw. Combine one bag of slaw mix with one jar of Litehouse Coleslaw Dressing, which is made extra thick and creamy with freshly made mayonnaise for a perfect blend of sweet and tangy. The dressing is sold cold, so there is no need for chill time - just mix and serve. This cool, crunchy slaw can be served as a side dish or used as a topping on burgers or tacos for a summertime meal that’s fresh and delightful.

Slow-Cooked Perfection: Keep your house and your kitchen cooler by using a slow cooker instead of heating up the oven. Slow cookers are typically easy to use, retain more heat and won’t overheat your living space. They can make cooking indoors simple and cool, even if it’s blazing hot outside.

Keep Drinks Chilled: Ice cubes are the usual way to keep your summer beverages chilled, but ice cubes can melt quickly, especially if you’re outdoors. Instead of overflowing your glass with ice, try a sweet and juicy fruit flavor. Place grapes, raspberries, kiwi or any other kind of fruit on a skewer and freeze. You can easily dip, stir and keep your drink cool with this tasty trick - and then enjoy the fruit when your drink is empty.

For more simple recipe inspiration, visit Litehouse-foods.com.
As children, they will often think of many worst-case scenarios situations that will lead them to be more inhibited outside. They may think of one incident in their lives when they were stung by a bee or bitten by a dog and they will create a negative association with that one incident and then think it will happen all the time. The extreme thinking of always and never - “I will always get stung” or “I never feel safe around bees” limits their capacity to recognize that sometimes or one time does not mean all the time. With these fears and hesitations, it is easy as parents to feel very frustrated, especially if your children have expressed these fears despite having confronted in the past. There are three areas of focus to help your children overcome some of their struggles.

First of all, it will be imperative that you and your children review their feelings. When they are reviewing their feelings, the focus is not solely on the fear or the phobia, but more so identifying a wide range of feelings so they become accustomed to sharing what they struggle with in any area of life. The more comfortable they can become with expressing their feelings (good or bad), the easier it will be to express the feelings they have when they feel anxious. Engage in routine exercises at home where you either give them a list of 2-3 feelings words per day or allow them to express when they felt those feelings and eventually shift to having them express their feelings freely when prompted without any cue words. Be sure to have them also identify where they feel these feelings in their body so they are not making inaccurate connections with their feelings. For example, “I feel nauseous, I cannot go to school today, I am sick.” Often times when your children know they are likely going to have to confront one of their fears because of a field trip to the zoo or a park with dogs, they may feel that Anxiety in their stomach. The feeling they are experiencing is merely the brain communicating with the body. The brain is placing emphasis on the physical response to fear rather than addressing the cognitive response.

Therefore, the next phase would be to address your children’s thoughts about their fears. What are they thinking when you ask them about their fears of certain animals or insects? What thoughts have they created with respect to what they think will happen if they are in the presence of a dog at the park or a bee at the playground? Many children will create their own cognitive distortions the same way adults do, but they will not know how to explain it or understand it. One key point will be for you to work with your child exploring if their thought is true, what is the worst thing that can happen, what is the best thing that can happen, and what is the most likely outcome based on all their experience? Even if they have been stung by a bee once in their lives, one stinging in the 5000 times they have been outside equates to less than 1%, meaning 99.9% of the time they have experiences success. Further explore the holes in their thinking, but challenging their thoughts with statements that include but are not limited to: “just because one event happened, you do not know how future events will go.” “just because you feel something will happen, those feelings are not facts.” Instead of thinking it must be a perfect outing, decrease the extreme thinking and recognize that you would “prefer the outing goes well, but it is not an absolute must.” “instead of thinking about all of the bad things that could go wrong if we go to the park with dogs, focus on all the good things that come with the park outing.” Having your children engage in these types of thought stopping exercises will likely give them a greater sense of perceived control over their circumstances. Moreover, ensure that you are writing these alternative statements out so they can reread them as often as they need to.

Finally, engage in various forms of exposure with your children. Try your best to not exacerbate the negative association with them by avoiding the fear they are trying to avoid, it will likely worsen the connection. Instead, engage in exposure activities with them, gradually. Start with exposing them to the magazine picture of the animals or insects they fear, then have them watch videos of the same topic, then have them go to pet stores, farms, parks, neighborhood walks where they may confront the animals they fear. Lastly, have them pet the animal or let a bug sit on their hand without them needing to move. If they have a fear of dogs, maybe start smaller and expose them to a small rabbit so they get used to the animal being in their presence. Help them give the evidence that they can do it and be ok before, during, and after. Most importantly pair each of these steps with gigantic rewards so they feel the success rate of their actions and efforts. Give them the chance to feel proud of their accomplishments. Start to create a more positive association with their fears so they can enjoy these days of the season that we all know will be gone too soon!
Elections. A paper from the Vanier Institute of the
ence other cultures first-hand.
is an excellent way to try new things and experi-
food traditions. Expanding your food repertoire
reasons to spend more time together around the
Canadian Superstore, shares a few of the best
sharing meals with friends and family whenever
no wonder that Health Canada recommends
the job or reconnecting with the family at Sun-
Airport until return. Activities and tours will be
designed for both the adults and children,
together and separate. Nannies will care for the
children while the adults have the opportunity
to take in the culture of the destination.
Destinations will vary, beginning with Peurto Vallarta during Winter 2019 and Paris in Sum-
Each vacation will be uniquely designed
based on the destination and attractions nearby.
Some may include museum tours and picnics,
while others have activities on the beach and
slumber parties. Destinations and hotels will
be selected based on affordability and child-
friendly amenities.
Nannies are put through a vigorous selection
process, to ensure the right fit for the vacation.
They will be childcare professionals equipped
with the necessary credentials and skills to care
for your children.
Generally, all these inclusions rack up the
bill, but Eleventy 3 Vacations mission is to keep
carve and stress-free for families.
Throughout group travel and early booking,
Eleventy 3 Vacations is able to negotiate lower
rates and pass the savings on to you. In addition,
payment plans and early booking bonuses may
be an option.
For more information, please visit:
bqol.eleventy3vacations.ca/vamos or call
204-298-1611.

Eat together to create healthy
habits for your kids

E
meals can be an important social outlet,
whether it’s lunchtime in the cafeteria
with coworkers to take your mind off
the job or reconnecting with the family at Sun-
day dinner. But the benefits of eating together
reach well beyond social interaction.
Families who eat together eat better, so it’s
no wonder that Health Canada recommends
sharing meals with friends and family whenever
possible.
Karolina Otto, a registered dietitian with Real
Canadian Superstore, shares a few of the best
reasons to spend more time together around the
table eating.
Culture. Eating with family helps pass on
food traditions. Expanding your food repertoire
is an excellent way to try new things and experi-
ence other cultures first-hand.
Social. Eating together fosters social connec-
tions. A paper from the Vanier Institute of the
Family suggests that family meals are associated
with benefits for youth, spanning mental health
and literacy.
Nutrition. Eating as a family is tied to
healthier weight and superior food choices
among children - kids who eat dinner with their
families also have more fruit and veggies and
less unhealthy foods. Meal time with friends
may also expand kids’ horizons since food
choices are heavily influence by role models
like peers and parents.
Security. Regular meal times provide reas-
urance for kids. Knowing they’ll have breakfast
or dinner at home is one less thing for them to
stress out about in the morning or after a long
day at school.
Learn more and speak to your local dietitian
at www.bookadietitian.ca.

Is your family ready
for a pet?

M
any of us would love a furry
friend at home but deciding
whether to add a pet to your
family is a big decision.
“Busy parents are often reluctant to
introduce a pet into their home as they
don’t want to add any more chores or
responsibilities to their lives,” explains
Rose Ferrante of Pet Valu. “However,
the added work and costs are often far
outweighed by the benefits they bring
the entire family.”
Although children often beg parents
for a dog, rabbits, guinea pigs, birds, fish,
reptiles and cats can all be appropriate.
“Carefully consider your family’s indi-
vidual needs and circumstances before
determining what type of pet to get and
the right time to introduce it,” recom-
mends Ferrante.
If you’re thinking about adding a pet
to your family, consider these tips from
pet experts:
1. In an increasingly digital world where
socializing is often done online, pets
provide real-life companionship and help
make social connections.
2. Pets teach important lessons about
forgiveness. If you don’t spend enough
time with your pet one day, they won’t
hold it against you and the next day
they’ll have completely forgiven you.
3. Whenever you have a difficult day,
even if the problems were caused by you,
your pet will still be excited to see you
when you return home and will remain
at your side.
4. Research shows that pets reduce stress
and anxiety. In a hectic family household,
pets can help provide calm, loving bal-
aire.
5. Pets, particularly dogs, get you to
move more. It’s easy to say no to exercise
after a busy day at work and school, but
if the dog needs its walk, someone in the
family will have to lace up their shoes.
6. Although children favour kittens and
puppies, adopting an older pet is less
work. If you visit a pet retailer during one
of their adoption weekends, you’ll find a
wide variety of pets and will be able to
select one with the right temperament
for your family.
7. If now is not the right time for a pet,
encourage your child to make a small do-
nation to a local animal rescue or shelter
to help a pet in need.

Find more information online at
petvalu.com.

www.newscanada.com
Thank You!

To everyone who made Winnipeg Parent’s 15th annual Family Fun & Learning Fair a great day!

Sunday, April 29th at the Caboto Centre

Thank you to the 30 exhibitors and over 950 parents, kids, grandparents and caregivers who enjoyed a great day of fantastic displays and information, entertainment and face painting by Laughter without Borders, balloon twisting and bouncers from Par-T-Perfect and the Pony Rides by Clowns, Magicians and More. A GREAT TIME was had by all!

Good oral health is essential to total health and well-being at any age. Parents and guardians can reduce the risks of dental decay by helping children and youth with their daily oral hygiene care.

- From the moment your baby is born, you should wipe his or her gums after every feeding. Once the first tooth appears, clean your baby’s teeth with a small, soft toothbrush and use floss to clean between teeth that are touching.
- Young children should be taught how to brush their teeth twice a day with a fluoride toothpaste and to clean between their teeth. Let them know about the latest apps designed to make oral hygiene care more fun and interactive.
- And, of course, children of all ages should be encouraged to make healthy food and beverage choices, avoiding sugary snacks and carbonated drinks in particular.

Together with regular visits to a dental hygienist beginning at age one, your guidance will give your children and teens something to smile about.

Find more tips at www.dentalhygienecanada.ca/kids.

Lighten up summer meals with veggie noodles

The secret to changing up your meals while keeping them light and healthy is vegetable noodles. Zucchini, beet or squash varieties are a great, gluten-free alternative to regular pasta and add more veggies to your diet and colour on your plate.

Made with Bertolli pasta sauce and inspired by the simplicity of Tuscan cooking, this recipe is a low-carb twist on a favourite Italian classic. That’s because the sauces are prepared in the 150-year old Tuscan tradition using a few quality ingredients cooked lightly with olive oil to lock in delicious layers of flavour.

No spiralizers or any special gadgets are required, which makes these noodles easy to prepare. Serve with meat sauce, meatballs or simply on its own.

Ingredients:
- 1 large spaghetti squash
- Extra virgin olive oil for seasoning
- 1 jar (630 mL) Bertolli Traditional Marinara with Italian Herbs & Fresh Garlic Sauce, warmed
- Salt and pepper to taste

Directions:
- Heat oven to 400˚F (200˚C). Cut squash in half lengthwise and remove seeds. Brush with oil. Place on baking sheet, cut-side down. Bake 45 min. or until tender. Use a fork to gently scrape squash into spaghetti-like strands, and discard rind. Top with sauce. Serve while warm.

www.newscanada.com

BOOK YOUR AD in our August issue

Featuring: Hold on to Summer, Back to School Part 1, Fall Party Guide

Deadline: July 13th
Distribution: July 30th

Email: wpgparent@shaw.ca
Call: 204-896-3227
### June 2018 • Family Fun Calendar

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<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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<tbody>
<tr>
<td><strong>3</strong></td>
<td><strong>Back 40 Festival</strong> takes place in Morden today. Great music, activities for children (kids 12 and under free), food vendors and an artisan village &amp; more; <a href="http://www.back40folkfest.com">www.back40folkfest.com</a></td>
<td><strong>4</strong></td>
<td><strong>Mini Mondays at the Children’s Museum</strong> is for toddlers 10am – 2pm. Come down for theme-based fun, activities and special story time at 11am and 1pm; <a href="http://www.childrensmuseum.com">www.childrensmuseum.com</a></td>
<td><strong>5</strong></td>
<td><strong>Summoning all castle builders! Builders of all ages are invited to explore, build, and play in the Children’s Museum’s new travelling exhibition—Castle Builder!</strong> <a href="http://www.andrewsreuseum.com">www.andrewsreuseum.com</a></td>
<td><strong>6</strong></td>
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<td><strong>10</strong></td>
<td><strong>Family Fishing Weekend, June 9 &amp; 10. During these weekends, people wishing to fish may do so without acquiring a licence; Province Wide</strong></td>
<td><strong>11</strong></td>
<td><strong>Mini Mondays at the Children’s Museum is for toddlers 10am – 2pm. Come down for theme-based fun, activities and special story time at 11am and 1pm; <a href="http://www.childrensmuseum.com">www.childrensmuseum.com</a></strong></td>
<td><strong>12</strong></td>
<td><strong>Gary SouthShore RailCats vs. Winnipeg Goldeyes June 11-13 at Shaw Park; <a href="http://www.ticketmaster.ca">www.ticketmaster.ca</a></strong></td>
<td><strong>13</strong></td>
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<td><strong>17</strong></td>
<td><strong>Happy Father’s Day and Manitoba Marathon Day!</strong></td>
<td><strong>18</strong></td>
<td><strong>Mini Mondays at the Children’s Museum is for toddlers 10am – 2pm. Come down for theme-based fun, activities and special story time at 11am and 1pm; <a href="http://www.childrensmuseum.com">www.childrensmuseum.com</a></strong></td>
<td><strong>19</strong></td>
<td><strong>Kansas City T-Bones vs. Winnipeg Goldeyes, June 18-20 at Shaw Park; <a href="http://www.ticketmaster.ca">www.ticketmaster.ca</a></strong></td>
<td><strong>20</strong></td>
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<td><strong>24</strong></td>
<td><strong>Check out the cars at Sunday Cruise Night @ The Pony Corral—Running every Sunday until September 30, Pony Corral Grant Park</strong></td>
<td><strong>25</strong></td>
<td><strong>Mini Mondays at the Children’s Museum is for toddlers 10am – 2pm. Come down for theme-based fun, activities and special story time at 11am and 1pm; <a href="http://www.childrensmuseum.com">www.childrensmuseum.com</a></strong></td>
<td><strong>26</strong></td>
<td><strong>Wichita Wingnuts vs. Winnipeg Goldeyes, June 25-27 at Shaw Park; <a href="http://www.ticketmaster.ca">www.ticketmaster.ca</a></strong></td>
<td><strong>27</strong></td>
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### July 2018 • Family Fun Calendar

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<tr>
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<tr>
<td><strong>1</strong></td>
<td><strong>Happy Canada Day</strong></td>
<td><strong>2</strong></td>
<td><strong>There are so many great biking trails in Winnipeg. Take a ride with the kids today!</strong></td>
<td><strong>3</strong></td>
<td><strong>Why not read a book together in the backyard on a blanket? Take turns reading to each other.</strong></td>
<td><strong>4</strong></td>
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<td><strong>8</strong></td>
<td><strong>Manitoba Airshow, July 8 @ Southport Airport; <a href="http://mairshow.ca/">http://mairshow.ca/</a></strong></td>
<td><strong>9</strong></td>
<td><strong>Visit your local Library Branch today and register the kids for the TD Summer reading program. See the ad in this issue!</strong></td>
<td><strong>10</strong></td>
<td><strong>Get the kids involved in cleaning out their outgrown clothing and toys and donate it to a worthy charity.</strong></td>
<td><strong>11</strong></td>
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<td><strong>15</strong></td>
<td><strong>Gary SouthShore RailCats vs. Winnipeg Goldeyes, July 13 – 15 at Shaw Park; <a href="http://www.ticketmaster.ca">www.ticketmaster.ca</a></strong></td>
<td><strong>16</strong></td>
<td><strong>Document the summer activities with video and pictures and remember to organize them.</strong></td>
<td><strong>17</strong></td>
<td><strong>Have a craft day at home. Use your recyclable materials and see what the kids can create.</strong></td>
<td><strong>18</strong></td>
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<td><strong>22</strong></td>
<td><strong>PDC Railway - Radio Day Sponsored by CJOB, <a href="http://www.pdcrailway.com">www.pdcrailway.com</a></strong></td>
<td><strong>23</strong></td>
<td><strong>Head to a beach today! Winnipeg Beach, Gimli Beach, Grand Beach or check out Stonewall’s Quarry Lake.</strong></td>
<td><strong>24</strong></td>
<td><strong>Texas AirHogs vs. Winnipeg Goldeyes, July 24 – 26 at Shaw Park; <a href="http://www.ticketmaster.ca">www.ticketmaster.ca</a></strong></td>
<td><strong>25</strong></td>
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<td><strong>29</strong></td>
<td><strong>Boardwalk Days July 27-29 at Winnipeg Beach: Midway, entertainment and family fun; <a href="http://www.winnipegbeach.ca">www.winnipegbeach.ca</a></strong></td>
<td><strong>30</strong></td>
<td><strong>Are you a keenie? School supplies are just starting to show up on store shelves</strong></td>
<td><strong>31</strong></td>
<td><strong>Here comes August festivals and fairs!</strong></td>
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Day Camps feature hands-on science, immersive history, planetarium shows, and field trips. Campers also explore the Hockey: The Stories Behind Our Passion exhibition.

**DISCOVERY CAMP** and **ADVENTURE CAMP** alternate throughout the summer. Enjoy a single week or two weeks in a row!

Celebrate the Planetarium’s 50th Anniversary exploring space, retrace the steps of early fur traders in our newly re-opened Nonsuch Gallery, and so much more museum fun.

**REGISTER ONLINE AT**
ManitobaMuseum.ca or call 204-988-0626.

Member and sibling discounts available.

**SHE’S BACK!**
**UNPACK THE ADVENTURE**

**RE-OPENS JUNE 8**

The Nonsuch has returned from Hudson Bay filled with new stories of adventure you won’t want to miss!