

March 2023

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Winnipeg parent

**HELLO
SPRING**

*The BEST Guide
to Family Fun!*

**Summer
Camps PART 1**

Day Camps, Night Camps,
and Everything In Between!

**Get the Creative Mask
On and Join 'Camp Play'!**

Stress Prevention
to Empower Our Children for Independent Coping

Celebrating
30 years
of Publishing
in 2023!



what's Inside

the publisher's Pen



by Susan Rykiss

Dear Friends, I wanted to let you know that **Winnipeg Parent has a new owner!** After almost 30 years of nurturing my third child, I am retiring from publishing, and I have left my legacy in capable hands to evolve and thrive for the next 30 years. I am so proud to have started this city's only free parenting publication in August 1993 (check out the Free Press article from September 1993 below), and created a valuable resource for families, caregivers, grandparents, and educators. This first issue printed August 1993 with my sons, Matthew and Shaun, ages 7 & 4 on the cover (left). It was a dream come true to see the first issue come off the presses! I could never have imagined then, what an incredible journey the publication would take me on. I am eternally grateful to everyone who has supported and worked with me and Winnipeg Parent.

I will miss the wonderful people I have met, the relationships built, and conversations had, over the years. I want to thank you, the readers for your years of support, suggestions and kindness. It has been a pleasure!

It started with my idea that our city needed a free family newspaper, so the print publication was born. Then I created an annual event called the **Family Fun & Learning Fair**, now in its 16th year and one of the most exciting opportunities was hosting a call-in radio show called **Family Focus** on CJOB for 7 years. When social media became a thing, I built Facebook and Instagram communities and finally added our monthly digital newsletter **The Scoop**. Our mission has always been to keep our readers and followers informed about everything and anything family and be the heartbeat of family life in our city!

I would like to introduce the new owners, **Oai Truong and Dean Smallwood of Bounce Design** (www.bouncedesign.com). They have the knowledge, experience, resources, and a great team to take Winnipeg Parent to new, exciting places and they have hired the multi-talented Dana Todd who has a background in sales, administration, and event planning to manage the business. If you have any questions, you can contact Dana at winnipegparent@bouncedesign.com or call her at (204)771-2249.

Farewell, Take Care and THANK YOU again for your support over the years!

Susan



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Don't miss out!

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April 2023 Featuring:

Winnipeg Parent Family Fun Fair, Baby on Board, Summer Camps Part 2 & More

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Distribution: April 3rd

March Scoop –

Deadline: March 10th

E.Blast: March 14th

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All library branches, many schools, Y branches, community centres, day cares, doctors' and dentists' offices, children's retail and service outlets, The Manitoba Children's Museum, select retail outlets, Fort Whyte Centre and family centres. Would you like to be a distribution point for Winnipeg Parent?



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Summer Camp Super Guide 2023

Summer Camp programs are getting ready and set to welcome back campers of all ages! Whether you and your child are looking for a day camp, an overnight camp or something in between, we have you covered! With so many camps to choose from, there is something for everyone. From equestrian, to technology, dance, music, basketball, soccer and so much more!

In this issue of Winnipeg Parent you will find a great variety of camps, sure to fit your little camper this summer!

Camp Massad

Shoresh Day Camp: Shoresh Day Camp is the perfect day camp experience for ages 4-7! Campers get dropped off to the Camp Massad Campsite for a fun filled day of activities and get picked up later at the campsite so that they can spend an evening at home with their families! This is a perfect introduction to the camp experience! Shoresh Day Camp is ideal for families with homes or cottages in the Manitoba Interlake area, especially those in Winnipeg Beach, Sandy Hook and Gimli. Shoresh Day Camp operates Monday-Friday, 10:30am-3:30 pm during July and August. Kosher lunch and snacks are provided! There is a low counsellor to camper ratio to ensure that every child has support, attention and supervision to ensure an exceptional camp experience. Our programming is tailored to our campers; they will experience a variety of activities including but not limited to: interactive games, music, singing, dancing, acting, sports, arts and crafts, and of course swimming in our brand new swimming pool! Shoresh Day Camp provides a safe, fun and inclusive environment for campers to explore camp life, interact with their peers and experience new activities while making memories to last a lifetime! Introduce your child to the magic of Massad! For Further information, please contact the Camp Massad office 204-477-7487 (see advertisement).

Camp Massad Overnight Camp: Camp Massad has been offering magical and memorable summer camp experiences for over 70 years! We are committed to enhancing Jewish life and a love of Israel and Jewish culture through creative programming, strong leadership and use of the Hebrew language. Located in the Manitoba Interlake region, just 45 minutes from Winnipeg; Camp Massad offers one of a kind overnight summer camp experiences for boys and girls age 7-16. As an accredited member of the Manitoba Camping Association; Camp Massad provides safe, structured, creative and fun summer programming whereby campers will make life-long friendships and develop leadership and teamwork skills. Camp Massad offers specialized and unique programming along with traditional camp activities like sports, arts and crafts, music, dance, drama, archery, kayaking, canoeing, overnights, bonfires and daily swimming in a brand new swimming pool! All food is kosher and nut-free. Camp nurse and social worker on site.

Give your child a summer they'll never forget; we're in the memory making business! Follow us on Facebook and Instagram for all the Camp updates as we count down to Summer 2023! For Further information, please contact the Camp Massad office 204-477-7487 (see advertisement).

Little Ballers

Little Ballers basketball for toddlers and young children is a wonderfully conceived program that hits all the right spots when it comes to delivering a developmentally appropriate and fun vehicle for children to pursue and develop a love of basketball.

This love of basketball is something Little Ballers program creator/director Chad Cellaire has always held dear to his heart. The former university basketball player was looking for a way to pass along his love of the game to his own two young children in a way that would engage them from the start by appealing to their natural desire to play, move, and explore.

The program curriculum is delivered by a staff of motivated and caring instructors who understand the importance of motivating and nurturing their young charges through an array of fun activities. There is a consistent focus on building success experiences as children learn and develop fundamental movement skills while keeping basketball as the constant in each session. From beginning to end of sessions, children are made to feel that their efforts result in success, and that skill development is a journey, with fun to be had along the whole way!

Program instructors offer differentiated instruction and support, understanding that children are at different stages developmentally, and that one size does not fit all when it comes delivering instruction that will benefit all participants. It is clear when watching children participate in Little Ballers sessions, that they are being active, learning fundamental skills, experiencing success, and having fun the entire time. To be informed follow them on instagram @ litteballersmb or visit their website www.litteballersbasketball.com

Continues on next page »

July 4 - August 25, 2023
Preschool • Grades 1-6 • Teens

Rady JCC
Summer DAY CAMPS

Over 40 specialty camps to choose from

Registration begins soon!
March 7: Rady JCC Members | March 14: Non-members
Scan QR Code for more information and a full breakdown of camps.

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www.radyjcc.com

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For dates and locations: please see our web site
XTREME SCIENCE & RADICAL ROBOTS Camps
Lindenwoods CC & Glenwood CC
Tuxedo CC & East St. Paul CC
Dakota CC & East End CC
Whyte Ridge CC (new this year!)

Payment can be made by credit card at above website
Camp times: 9 AM—4 PM daily (free drop off 8AM)
Late pick up til 5PM available

Ooey Goey Slime, Rockets, & more!!!

www.manitoba.madscience.org

Register online at campswithmeaning.org

Day, Overnight, Adventure Camps
for kids finished grades 1-12



CAMPS WITH
MEANING



SPRING & SUMMER DAY CAMP



Registration Now Open!

Please call 204.924.4014 or visit childrensmuseum.com to register or to learn more.

Camps with Meaning

Camps with Meaning provides a caring, safe, and fun environment where kids unplug from everyday routines, connect with each other, nature and God, and grow through challenges, conversations, and more. A variety of week-long programs are available for children and youth completing grades 1-12.

Our programs take place at two different locations: Camp Assiniboia (1/2 hour west of Winnipeg) and Camp Koinonia (south of Boissevain). Both camps provide incredible opportunities to experience and explore the great outdoors through campouts and nature programming. Other activities include swimming, archery, camp wide games, and daily Christian worship and Bible teaching. On top of that, each camp has its own special activities and programs:

If your child loves getting their hands dirty, send them to Camp Assiniboia for Farm Camp Week. Campers will care for farm animals, dig in the garden, and make delicious food together. We also have a Day Camp option for grades 1-6 and a 2-night camp for grades 1-4. Other exciting activities at Assiniboia include camp skills, kayaking and a high ropes course!

Camp Koinonia offers a Junior High Canoe Out-trip, which includes an awesome 3-night canoe trip through Turtle Mountain Provincial Park. All campers at Camp Koinonia have the chance to learn how to canoe, scale the climbing wall and take a ride down our zip-line!

For more information or to register please visit our website at www.campswithmeaning.org or give us a call at (204) 895-2267.

Kids Etc Youth Movement Company Recreational Summer Camps

Come dance away the Summer with the KEYMC faculty! KEYMC recreational Summer camps provide a wonderful opportunity for your child to stay active, enhance their creativity, continue to improve their craft, or simply discover their love of dance for the first time!

For Summer 2023, KEYMC is offering for weeks of recreational summer dance camp for dancers ages 3-12! Our half-day programs for 3-5-year-olds are from 9:00 AM – NOON and our full day programs for 5-12-year-olds are from 9:00 AM-4:00 PM!

We offer a variety of camps to provide streamlined fun and learning for each dancer!

Session 1: July 10-14 – Performing Arts Camp

Session 2: July 17-21 – Prince and Princess Themed Camp

Session 3: July 24-28 – Popstar Themed Camp

Session 4: August 14-18 – Dance Flight Themed Camp

At our camps, dancers will learn a variety of dance disciplines such as Jazz, Hip-Hop, Ballet and Lyrical, make crafts geared towards the artistry of dancers, play theatre games, sing karaoke, and more!

For more information and to register, visit our website at <https://wpgkidsetc.com> or give us a call at 204-896-5172!

L.A. Dance Academy Spring & Summer Camp Sessions

The L.A. Dance Academy is celebrating its 20th year anniversary this upcoming May! L.A. Dance Academy offers Spring and Summer Camp sessions. Spring 6 & 8-week programs are available.

Preschool Dance Combo for ages 3-5 years learns a mix of ballet, tap and jazz movements. Mommy & Me dance classes are available for 2-3 years of age. Come and dance with your toddler as you explore Tap, Ballet and Jazz movements. Our next Spring 8-week program is Adult Aerial which takes place on Wednesday evenings from 9-10 pm. Come and explore your inner cirque!

We also have a fun-filled Summer Dance Camp program for all ages. 5-day camps available in:

Acro & Aerial Summer Camps - Ages 8-12 years and are geared for Beginner -experienced level students.

Summer Dance for Preschool - Ages 3-5 years of age. Come and Explore the basic styles of Ballet/Tap & Jazz followed by some fun dance games and crafts.

Summer Dance Blast - Ages 6-12 yrs. Come and learn some fun dance styles, including Hip Hop, Jazz, Ballet and Lyrical. Great for Beginners and experienced!

These camps are either half or full days.

The studio is located at 2405 Main Street in a 4,800-square-foot space featuring three large studios equipped with non-slip Marley professional dance floors, 25 dance instructors and a front desk reception area open to serve during class time. With ample amount of parking spaces and large observation windows in our lobby. For Spring session and summer camp information and to register online visit us at www.ladanceacademy.com. To register over the phone, call (204) 334-0080, or email us at: info@ladanceacademy.com for more information. Come and experience the energy with our fantastic and professional staff and instructors.

Mad Science

Extreme Science Camp: Here at Mad Science we're looking forward to bringing back our original Science camp. This is the camp that made summer an exciting time for our budding Mad Scientists. Each day has its own theme from Heat (with solar ovens, cotton candy) to Ice (of course Dry Ice and to top it off we make ice-cream without a machine!) and Bugs; join us on a bug safari and the campers design a bug habitat. And on the final day we have a spectacular rocket launch...parents welcome. In addition, each camper will make his/her own rocket to take home and launch! (Under supervision, of course.) Recommended for children 6-12 years old.

Radical Robots: Children learn about the uses of robots in our world and spend time experimenting with super cool robots. They discover the science of circuits and how robots use sensors to explore things around them. They build their very own robot to take home with them. Children must be 7 or older to attend.

Continues on next page »

**Manitoba Children's Museum
Summer Day Camps**

The Children's Museum's Summer Day Camps are about fun experiences where kids are safe and empowered. Our goal is to help build kids' physical well-being, nurture their creative energy and develop their intellectual potential. Each day of our action-packed summer includes themed activities, play time in the galleries, movement and physical activity, quieter times at our learning centres, team building, small group activities and creative pursuits. There will also be visits from special guests and field trips.

Registration Details:

Summer Day Camp registration is now open. Call 204-924-4014 for further information or register online at www.childrensmuseum.com.

Rady JCC Summer Day Camps (2023)

July 4- August 25, 2023

Registration Opens: Tuesday, March 7 (Rady JCC Members) & Tuesday, March 14 (Non-members)

Camps for preschool, Grades 1-6 & Teens

- Low Camper/Counselor Ratio
- Safe, Caring Environment
- Manitoba Camping Association Accreditation
- Swimming Daily
- Waterslide
- Arts & Crafts
- Integrated camps

Shemesh Camps: Full Day – 9:00 am – 4:00 pm. or Mornings – 9:00 am – 12:00 pm

Ages 3-5

Camp Shemesh is a little bit of everything for the little ones. In a caring environment, children participate in fun and enjoyable activities including arts and crafts, active games, story time, music and cooking. Programs are designed in relation to the child's age and level of development.

Children attending Shemesh camps must be 3 years of age by July 1, 2023 and be fully toilet trained.

Ruach Camps: Full Day Camp – 9:00 am – 4:00 pm

Entering Grades 1 and 2

Ruach camp offers a perfect transition from Shemesh Camp. The camp will have weekly themes, which will allow your child the opportunity to explore their imagination and be part of a weekly adventure. These themes will be incorporated throughout the day, with regular camp activities including, swimming, crafts, sports, and inflatables.

Keshet Camps: Full Day Camp – 9:00 am – 4:00 pm)

Entering Grades 3-6

Keshet camp splits the day into two distinct camps. Mornings focus on speciality-based programs such as Cooking, Science, Art, Cake Wars and more. The afternoons will include general camp activities such as

sports, group games, swimming, water-slides and more. In the afternoons, campers will be grouped according to their age/grade levels. Not only will this provide for more appropriate activities, but this will also offer a wonderful social environment and encourage memorable group experiences.

Adamah (Teen Leadership Camp for youth entering grades 7-9)

Session 1 July 10-21

Session 2 August 14-25

This program combines all the fun of being a camper with valuable leadership training. Teen participants will develop and strengthen their communication, organizational and programming skills. Campers will work together to build their confidence, learn responsibility, and explore social issues they care about. Campers will get hands-on training and experience on how to plan events from start to finish.

Royal Soccer

The benefits of soccer camp for kids might seem obvious – healthy, physical activity. But soccer camp is so much more. Children will learn life skills at soccer camp which extend far beyond the one or two weeks of their camp session. They'll learn leadership and team skills while gaining self-confidence that doesn't come easily in some environments. You don't have to be a great soccer player and often, you don't need any soccer experience at all to attend a soccer camp. Whether your son or daughter wants to improve his/her skills or simply want to try soccer in a non-competitive, fun environment, soccer camp is the right choice for you.

The Royal City Soccer Club runs summer soccer day camps in 3 Winnipeg locations. Hosting over 300,000 children for the past 3 decades, we're the #1 grassroots soccer day camps. All children aged 5 to 13 are encouraged to register for any of our full day or morning sessions during July and August. Each camper receives a camp soccer ball, tshirt, camp medal, great supervision ratios and much more. We also offer supervised extended care drop off and pickup times. For more information visit royalsoccer.com or call 1-800-427-0536.

Sagehill Stables

As a mom, scientist and a horse stable owner I've now become even more aware and interested in the benefits that horses can provide for youth. These benefits can be in terms of physical, mental and emotional health.

Even at only 21 months old, after a couple of 2 to 3 minute rides with Zip our Miniature Horse (that's about all the attention span she has right now), I thought I could see a difference in my daughters core activation and wanting to talk more! Although I haven't found any specific scientific research dealing with children under two years old to explain my observations, there are lots of great research articles and studies regarding the benefits of horses for youth, including youth with Autism and ADHD.

Continues on next page »

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LIMITED SPOTS FOR SUMMER 2023 STILL AVAILABLE!

Register today to make memories that will last a lifetime!



Whether you're looking for something new this summer or you want to return to your home away from home, we hope to see you for Kayitz 2023! Head to campmassad.ca or email director@campmassad.ca to register.

Subsidies are still available for summer 2023. Camp Massad will never turn a camper away due to financial reasons. Contact director@campmassad.ca or 204-477-7487 for more details!

A summary of a few of these articles and links to the research can be found here: www.sagehillstables.com/health.html.

My favorite is the case study written by Dr. Temple Grandin about her own experiences as a child with Autism. In her study she talks about the benefits that horses provided her which came not just from riding, but also from the barn atmosphere, doing chores and friendships made there. Another study by Dr. Ann Swinker found that handling, riding, and caring for a horse or pony can develop a host of positive traits in a child, including responsibility, accountability, patience, level-headedness, empathy, kindness, and self-discipline.

Another study by N. Ohtani et al. describes how the horse's vibrations that you experience when riding help to stimulate our brains and bodies. These vibrations were found to improve children's self-control and ability to make good decisions. In a study by V. Chandler horseback riding appeared to have improved balance, posture, and core strength in children with ADHD and ASD, and anecdotal evidence from parents suggested many positive behavioral benefits as well.

There are many physical, mental and emotional benefits to getting children involved in horses! We have lots of programs for both children and adults to experience these amazing benefits.

Why Camp...

By: Nancy Paschke (Program Director, Camp Nutimik)

Every so often I get the question... "Why Camp?" And my mind takes me back to my cabin leader years... Each week the beginning of another great adventure. Each adventure filled with laughter, swimming, canoeing, crafts, campfires, archery, hikes, theme meals, chapels, field games and so much more. Yet, among all the memories, there is one I will never forget. At the end of the week, one of my campers came up to me, gave me the tightest squeeze and said, "thanks for spending time with me". Through tears I watched her get on the bus and we waved at each other as she drove away. It was that day I really understood why Camp and every "camp adventure" is so important... we get one chance, one week, to make a difference. To show them that we really care.

There is no place like camp! Lives are changed. We learn new skills, grow in character, experience the great outdoors... and it's at camp where you will find people across the generations working together for a common goal. It's at camp where people relax and be themselves - getting muddy playing soccer in the rain, laughing till they snort, working together to accomplish a team task, talking about stuff that's real. There aren't many other places I can go where people, generations apart, get that meaningful time together.

So why Camp? Because each adventure has the potential to be the best one ever!

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Get the Creative Mask On and Join “Camp Play”

The month of February was full of imaginative events from the warming huts on the Red River to I love to read month and the Festival du Voyageur. These activities can give our brain the boost to expand language skills, develop imagination and become creative through pretend play for both children and adults. As a child we develop pretend play skills orchestrated by our parents through physical play, books and even music. Using one's imagination is a critical cognitive skill used throughout life. There is a strong connection between pretend play also known as “symbolic play” and language development. This symbolic play which involves developing the use of one object to represent another is the same underlying ability that is needed for language development.

So why encourage pretend play?

It has been well researched that this early imaginary play allows us as adults to invent things, visualize, understand others perspective, problem solve and to think creatively. Children who have language difficulties have been known to also struggle with pretend play. With symbolic development being the common link between creative imaginary play and language development, there are a variety of reasons to develop pretend play.

Pretend play allows your child to gain practice using symbols such as using a box of “pretend milk” to pour and make soup or oatmeal. Stacking blocks to make a bridge and wearing a decorative mask and cape to become a superhero.

Pretend play is a wonderful way to expose your child to new vocabulary. In pirate play children

hear words such as treasure, captain, sword, buckle, paddle, ahoy, and bow, and sails.

When children take on a pretend role they imagine what it is like to be another person.

When children take on a pretend role with other children it helps them develop empathy and take on others perspective.

Pretend play develops your child's imagination, encourages learning to take turns with another child and expands language. Developing this skill is one that starts at 12 months and goes on into adulthood.

Let's look at the 3-5-year-old play:

Role play with other children (3-5 years)

Children pretend about imaginary themes now (things which do not really exist or that the child hasn't experienced yet in real life), such as pirates, castles, and superheroes. Children start to pretend with other children at this stage, each taking on different roles during the play. Realistic objects and toys are not needed as children can now pretend using gestures, mime, or unrealistic objects. Language often drives the play at this stage. Children explain their roles and use language to act out their role. For example, a five-year-old child pretending to be a firefighter would start an exchange that sounds like this “You put the yellow hoses on the top” the other child might say might say “okay and you check the tires with this pump”

Encouraging pretend play can be developed by:

- Watching your child play,
- Following their lead and joining in,

- If they don't show pretend play you can demonstrate,
- Keep the play simple in activities such as having a tea party
- Make sure to take turns in the activity.

What about books & imagination?

Books develop imagination through the narration. Through books one can foster imaginative language. When choosing a book select one that you would love to imagine with your child. Use actions, facial expression and your voice to make the books interesting. Books such as We're Going on a Bear Hunt by Micheal Rosen ; Brown Bear Brown Bear What do you see? By Bill Martin Jr and Eric Carle or Where the Wild Things Are by Maurice Sendak?

When you ask questions in stories that call for verbal responses such as “Can you think of some other ways that Pooh Bear could get up to the honey tree?” you are assisting your child to use their imagination and problem solve together.

Does music develop imagination and play?

The answer is a resounding YES.

Through music a child has the opportunity to develop in a group, learn new words and concepts, refine their listening skills, express emotions, develop their imagination and symbolic play. Later on, children learn to combine music and discovery. Think about using a flashlight and talking about I wonder what we will find or discover? Think about crawling into a

make-believe tent to the beat of a drum, say “shhhhh” while slowly crawling in and say in a whisper voice while coming out the other side... “what will we find?” “A giant gorilla?”

Music also develops a child's keen sense of attention and focus to sounds and their meaning.

I recently read this quote on a blog and it fit so well with what I have been writing about that I am going to share it with you.

Plato is said to have believed ‘Music gives soul to the universe, wings to the mind, flight to the imagination and life to everything.

So why don't you start with Wheels and the bus and imagine with your child where the bus is going “All through the town” and see where it takes you.

Introduce your child to classical music while your child is colouring or playing. Music can enhance the imagination as we become monkeys, birds and elephants. So, turn on the tunes and pretend.

In thinking of camp? It is a wonderful way for your child to be part of a group activity and learn new experiences that develop creative play, imagination and language. In this issue there are many camps to choose from that best suits your schedule and your child.

Thank you for letting me imagine with you.

Maureen Penko

Maureen Penko
Speech-Language Pathologist



Choosing A Camp for Your Child or Family

There is no ‘best’ camp, but there may be a best camp for your family. We recommend the following.

Work with your child to determine their preferences in terms of

- What activities they want to do at camp
- The size of the camp (options range from 30 to 150 or more campers)
- Coed or single gender camps
- The age range of campers - some camps focus on a narrow age range while others will have 6-16 year olds at camp at the same time
- The length of time they will be at camp.

You need to consider

- The value you place on ‘Accreditation’
- How much you would like to pay for the camp
- Whether you need the camp to provide transportation
- Does your child have any special needs
- Use the information you have prepared to select a number of camp options as you go through review the list of Accredited Camps.
- Contact the camp to find out if space is available and to ask any additional questions you may have (including registration processes).

You should then have an idea as to your first two or three preferences. Now all you have to do is register for your first preference.

The Manitoba Camping Association recommends choosing an Accredited Camp.

Visit www.mbcamping.ca for further information about accreditation



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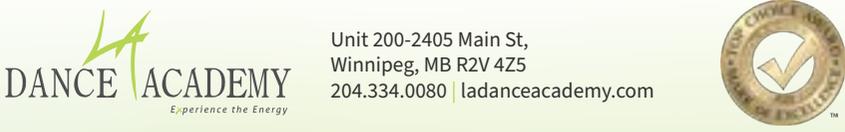
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leisure GUIDE

Take a Stay-cation this Spring Break!

Spring break is a great time for a Stay-cation. As kids, it is one of my most favorite memories. We would be tourists in our own backyard for the week. My mom and dad would rent a hotel room with a pool for a night or two. We would tour and visit fun local spots. Maybe go out and eat at one of our favorite local spots. Visit the mall to window shop and maybe pick up a souvenir or two from our staycation! Whatever you choose to do, enjoy your Spring Break!

Four Fun Spring Break Stay-cation Places to Visit! (In no particular order)

1. The Forks

Take an afternoon to walk around The Forks and enjoy what it has to offer.

Staycations suggestion: Bring a travel game or a deck of cards and sit inside the common or outside if the weather is nice. Enjoy your time together!

2. Go for a family hike!

Whether you have a 2 year old or a teen, Winnipeg offers so many fun and exciting trails for all ages and skill levels.

Staycations walking/hiking suggestion:

Assiniboine Forest. Just off Grant Avenue, explore the Assiniboine Forest. With multiply trails for walking or biking, you can spend an hour to an afternoon. Be sure to bring your furry friend if you have one!

3. Check out a Museum

Visiting a museum is fun, interactive and educational. There are many right here in Winnipeg to put on your list! The Manitoba Museum, The Canadian Museum of Human Rights, Dalnavert Museum, the Children's Museum and so many more! Take a day to explore one or more!

4. All ages can be busy in Assiniboine Park

Assiniboine Park has so much to offer! Play a fun game of tag or statues in the park. For younger children Nature Playground is all kinds of fun. Kids of all ages can be kept busy walking the trails and heading over the bridge to Sargent Sundae for a tasty treat. Visit the Leo Mol Gardens, take in the Zoo to watch the polar bears swim or stop in the newly open Leaf.

Staycation Suggestion: Bring a picnic lunch and if it is nice, enjoy the sunshine, or 'picnic' at the picnic tables inside duck pond canopy.

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winnipeg.ca/leisureguide



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Alloway Hall at the Manitoba Museum,
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Take an afternoon to walk around The Forks and enjoy what it has to offer.

Winnipeg offers so many fun and exciting trails for all ages and skill levels.

There are many right here in Winnipeg to put on your list!

All ages can be busy in Assiniboine Park!



Come Dance Away the Summer with the KEYMC Faculty!

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- Session 2: July 17-21 – Prince and Princess Themed Camp
- Session 3: July 24-28 – Popstar Themed Camp
- Session 4: August 14-18 – Dance Flight Themed Camp



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Spring Break Programs at Winnipeg Public Library March 27 to April 1

Free. Phone, visit or go online at winnipeg.ca/library to register and view complete program descriptions.

- | | | |
|--|---|--|
| <p>Bibliothèque de Saint-Boniface
 Magformers (de 6 à 12 ans) :
 Le lundi 27 mars à 10 h 30
 Roches et Minéraux (de 9 à 12 ans) :
 Le mercredi 29 mars à 14 h</p> | <p>Louis Riel Library
 Rocks and Minerals (Ages 9-12):
 Monday, March 27: 2 p.m.
 Minecraft Poster Creation (Ages 6-12):
 Tuesday, March 28: 10:30 a.m.
 Sing & Dance with Coffieman (Family):
 Friday, March 31: 2 p.m.</p> | <p>St. John's Library
 Rosie Revere Balloon Cars (Ages 5-8):
 Thursday, March 30: 2 p.m.</p> |
| <p>Bill and Helen Norrie Library
 Pigeon, Piggy, and Elephant, Oh My! (Ages 5-8): Tuesday, March 28: 10:30 a.m.
 H2O Science (Gr. 7-12):
 Friday, March 31: 10:30 a.m.</p> | <p>Millennium Library
 We Dig Dinos (Ages 5-8):
 Thursday, March 30: 10:30 a.m.
 Crafternoon and Games (Family):
 Friday, March 31: 1 p.m.</p> | <p>St. Vital Library
 Pigeon, Piggy, and Elephant, Oh My! (Ages 5-8): Thursday, March 30: 2 p.m.
 Manitoba Safari (Ages 9-12):
 Friday, March 31: 10:30 a.m.</p> |
| <p>Charleswood Library
 We Dig Dinos (Ages 5-8):
 Monday, March 27: 10:30 a.m.
 Science on the Run (Ages 9-12):
 Tuesday, March 28: 2 p.m.</p> | <p>Munroe Library
 Fiddlers in the Library (Family):
 Monday, March 27: 2 p.m.
 Pigeon, Piggy, and Elephant, Oh My! (Ages 5-8): Tuesday, March 28: 6:30 p.m.</p> | <p>Transcona Library
 Codemakers Jr. (Ages 5-8):
 Tuesday, March 28: 10:30 a.m.
 Hidden Poetry (Gr. 7-12):
 Tuesday, March 28: 4 p.m.</p> |
| <p>Cornish Library
 Rosie Revere Balloon Cars (Ages 5-8):
 Friday, March 31: 10:30 a.m.</p> | <p>Osborne Library
 Codemakers Jr. (Ages 5-8):
 Tuesday, March 28: 2 p.m.</p> | <p>West Kildonan Library
 Paint It! (Gr. 7-12):
 Wednesday, March 29: 2 p.m.
 Super Structures (Ages 9-12):
 Thursday, March 30: 10:30 a.m.</p> |
| <p>Fort Garry Library
 Fiddlers in the Library (Family):
 Wednesday, March 29: 10:30 a.m.
 Ultimate Building Challenge (Ages 9-12): Thursday, March 30: 2 p.m.</p> | <p>Pembina Trail Library
 DNA Detection (Gr. 7-12):
 Monday, March 27: 2 p.m.
 Magformers (Ages 6-12):
 Friday, March 31: 10:30 a.m.</p> | <p>Westwood Library
 Codemakers Jr. (Ages 5-8):
 Monday, March 27: 2 p.m.
 Minecraft Poster Creation (Ages 6-12):
 Thursday, March 30: 2 p.m.</p> |
| <p>Harvey Smith Library
 Fiddlers in the Library (Family):
 Monday, March 27: 10:30 a.m.</p> | <p>Sir William Stephenson Library
 Manitoba Safari (Ages 9-12):
 Wednesday, March 29: 10:30 a.m.
 Minecraft Poster Creations (Ages 6-12):
 Friday, March 31: 2 p.m.</p> | <p>Windsor Park Library
 Super Structures (Ages 9-12):
 Tuesday, March 28: 2 p.m.</p> |
| <p>Henderson Library
 Minecraft Poster Creation (Ages 6-12):
 Monday, March 27: 10:30 a.m.
 Science on the Run (Ages 9-12):
 Wednesday, March 29: 2 p.m.</p> | <p>St. James-Assiniboia Library
 Let There Be Unicorns (Ages 6-12):
 Wednesday, March 29: 2 p.m.
 Fiddlers in the Library (Family):
 Saturday, April 1: 2 p.m.</p> | <p>Virtual (Ages 6-12)
 Ride 'n' Roll with Science:
 Wednesday, March 29: 10:30 a.m.
 Thursday, March 30: 2 p.m.
 Investigate It
 Wednesday, March 29: 2 p.m.
 Thursday, March 30: 10:30 a.m.</p> |



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Stress Prevention to Empower Our Children for Independent Coping



By Dr. Jay Greenfeld
Ph.D., C.Psych.

Apparently children and their parents are facing more stress and Anxiety than they ever have before. It appears as though the years in isolation from the constant changing guidelines within the evolving pandemic had an impact on increasing those challenges tenfold. Moreover, the challenge that has become even greater is that children do not know how to cope independently. They have become too reliant on their parents doing it for them or distracting themselves with video games or their various forms of handheld technology and avoiding actively confronting their struggles. Similarly as parents juggle work-life balance they are not always setting the best examples for their children leading to a significant number of angry, anxious, negative, and stressed out homes in our province. Part of the challenge is that our children have become accustomed to everything happening immediately and when it does not pan out that way, their irrational thoughts emerge and emotions become significantly elevated.

The key is prevention, we need to ensure that our children are managing their stress every single day and not just waiting for a stressful event. It will be important to equip our children with the notion that they need to be engaged in at least 60 minutes of exercise every single day. If you need to formally schedule it in, then do it. Many children are registered for activities, but if not, ensure that they are engaged in some form of routine rigorous movement every single day.

Secondly, ensuring that their eating habits are being attended to routinely so that they are not just eating what you are serving but more so they know why you are offering those



options to them. If your children live off of crackers, waffles, and granola bars, help them understand the importance of having more of a palette of colours on their plate and the role that each food item plays in their overall growth and brain development. However, ensure that you do the same for yourselves. As adults, our metabolism and bodies change as we age, maximizing what we intake can have a significant impact on both mood and self-esteem and how that effects social interactions.

Ensure that your children are engaged with friends routinely. If they are not seeing friends outside of school at least once per week, they will not know how to initiate social interactions on their own. Help them understand the necessity of having routine playdates and even though it may take effort on your behalf to arrange, put in that effort because it will strengthen their social skills, generalize their friendships, and eventually encourage them to make the arrangements themselves. With routine social engagement, there is a direct inverse relationship on stress; more socializing, less stress. Continue to evaluate their mood in response to their peer choices. Help them realize the friends that are right for them now,

may change as they age. Finally, evaluate their mood and line of thinking every week.

As involved parents and busy lives our children are leading, they are also having a very hard time managing their emotions and most often feel ill-equipped to cope effectively which leads to and is related to very high levels of stress. You may believe that because they are going to school daily or they attend their activities routinely that they are functioning well and their mood remains stable. However, the challenges continue to mount and our children do not appear to be able to navigate this process well in our current world.

Therefore, it will be crucial that you check-in with each of your children on a weekly basis (if not more), give them the space to reflect and discuss what they are thinking and feeling. Help them expand their emotional vocabulary so that one emotion does attempt to capture five different unique feelings. Create an open welcoming space for them because they need to see that it is easy to engage in that process. If they see it as challenging, they will avoid it or get annoyed with you. Model the behaviour of what it is like to openly express feelings and

candid thoughts. Then start to work through ways you can help them challenge their thinking. Help them see how you take stressful events in your life and reframe your own line of thinking so your emotions do not become overwhelming. Our children need to see that stressful events can be prevented and more so when they are not, there are multiple ways to cope that can be immediate. However, the core of coping begins with the response as to how we think about any of the stressful events. Help empower your children to think of alternative ways of thinking about their thoughts and then have them write or type it out. The more they actively type or write out those thoughts and feelings, the more real they become. Use incentive for them, if they want to play video games, they need to earn it by engaging in the processing of their feelings. If they do not engage in this process, it is very common that their mood will become elevated quickly.

With day camps for Spring Break and Summer camp registrations slowly unfolding, it will be imperative that there is more effort put toward creating this type of balance for your children AND teenagers. Yes, your children are extremely important and often play the role of the sun as they believe the earth revolves around them, but start with yourselves. Start with the preventative strategies for yourself so that you can model and impart your approach with your children. So when they attend day camps and sleep away camps this coming Spring and Summer they are equipped to manage the unknown, confront their fears, and maximize their growth and independence. Two resources that can also help star the process of equipping your children with more independence include Life Skills for Kids and Life Skills for Teens by Karen Harris. One of the best ways we can prepare our children for pending stress, is to equip them with the life skills needed to have options when they are in new and unfamiliar situations.

Support Services for Families

Contact Health Links-Info Santé

at 204-788-8200 or 1-888-315-9257

Mental Health Virtual Therapy Program

<https://manitoba.abiliticbt.com/home>

Kids Help Phone" Kids Help Phone

(national line available to Manitoba Youth)
<https://kidshelpphone.ca/> 1-800-668-6868

Crisis Lines

Klinik Crisis Line

<http://klinik.mb.ca/crisis-support/Klinik-Crisis-Line>
204-786-8686 or 1-888-322-3019
TTY 204-784-4097

Reason to Live

<https://reasontolive.ca/>

Manitoba Suicide Prevention & Support Line

1-877-435-7170 (1-877-HELP170)

Childcare Support for Essential Workers

<https://eswchildcare.ca/>

Manitobans helping Manitobans

<https://helpnextdoormb.ca/>

Vaccine Information

<http://www.manitobavaccine.ca>

Klinik Sexual Assault Crisis Line

<http://klinik.mb.ca/in-person-counselling/sexual-assault-crisis-counselling/>
\o "Klinik Sexual Assault Crisis Line"
204-786-8631 or 1-888-292-7565
TTY 204-784-4097

Manitoba Farm, Rural & Northern Support Services

<https://supportline.ca/> - online counselling
1-866-367-3276 (hours Mon-Fri 10 am to 9 pm)

First Nations and Inuit Hope for Wellness Help Line

1-855-242-3310
Counselling available in English and French.
Upon request, in Cree, Ojibway, and Inuktitut

When are your kids ready to ride bikes independently?

By Kristi York

Activeforlife.com contributor

For both my kids, bike riding has been a bumpy experience. They each took a long time to get the hang of a two-wheeler, with plenty of wipe-outs and tears along the way. Even now, at ages nine and 13, they are a little wobbly in both their skills and their confidence.

I see the rows of bikes parked outside their school and I wonder: how will I know when the time is right for them to stand on their own two wheels? Are there some key signs that will indicate they're road-ready?

Spoiler alert: this story doesn't end with my kids riding smoothly off into the sunset. They are still nervous—and so am I—but we're working on it. If you're experiencing similar concerns, here are some tips and ideas to support your rookie rider.

Safety first

Protect your head!

Safety is priority number one, and it starts with head protection. "A properly fitted helmet is the

most important piece of equipment," says Ben Oryall of PedalheadsAt their camps, Pedalheads instructors teach "the four S's" of helmet wearing:

- **Snug**
- **Straps** (adjusted to fit)
- **Straight** (no tilting)
- **Stickers** (complying with recognized safety standards)

Choose the right bike!

Be aware that bikes are not one-size-fits-all. "We don't recommend buying a large bike for the child to 'grow into,'" Oryall explains. "This can make riding more difficult for a newcomer. When sitting on the seat, both of the child's feet should be flat on the ground."

Finally, Oryall advises parents to perform an overall bike check (including handlebars, tires, and brakes) to ensure everything is in working order.

Building confidence

- ✓ **Helmet**
- ✓ **Bike**

...but what if your kids simply haven't gotten the hang of it yet?

Continues on next page »



“It’s all about gradual progression,” says Oryall. “Young riders need consistent practice, ideally with others who are at a similar skill level.”

Here are some strategies I’ve tried with my two tentative riders:

- Wearing extra pieces of protective gear, such as knee and elbow pads. Since I realize these might not “look cool,” they’re worn underneath their pants and sleeves.
- Heading out at a quiet, less busy time of the day and avoiding difficult conditions, such as the fading light of dusk and extremely windy days.
- Challenging them to ride in a straight line on a paved, lined surface, such as a cycling path, school blacktop, or empty parking lot.
- Taking pictures and videos of them riding. Afterwards, they can see themselves in action and be proud of how well they’re doing.

When can they go on their own?

Once kids are competent riders and can safely navigate roadways, can they ride independently to school, or to a friend’s house? Is there a recommended age for this? How is a parent to decide?

“Before riding solo, a young cyclist should have mastered the fundamentals of steering, braking, shoulder-checking, and signaling,” Oryall says. “There should also be a clear understanding of the rules of the road and common traffic signs.”

While the choice is obviously yours to make as a parent, Parachute Canada, a national charity focused on injury prevention, suggests 10 years old as a minimum age where kids may have the physical and mental capabilities to ride on the road.

Since there are no hard-and-fast guidelines, parents will need to weigh all the factors and make the call. As your child approaches this “final frontier,” pay close attention on family bike rides. Make a conscious choice to observe without guiding them, to simulate a situation where they’re alone. Ride behind them and refrain from calling out instructions or assisting them, unless absolutely necessary.

This will give you some insight into their awareness level and decision-making abilities.

My kids haven’t reached this point yet, but I do want them to have this life skill and the freedom to ride. With diligence and practice, I believe they will eventually be ready to venture further. For now, though, we’re content to ride together.



Dr. Cathy Moser & Dr. Jay Greenfeld, Registered Psychologists
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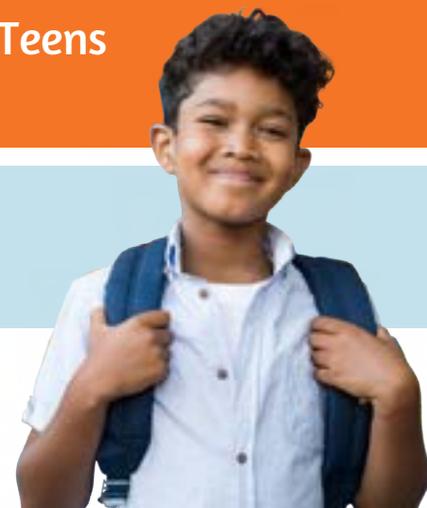
Starting April 13th for ages 7-9

Mindfulness Based Stress Reduction for Teens

Starting April 17th for ages 13-18

Friday Night Hang

Starting April 14th for ages 12-16



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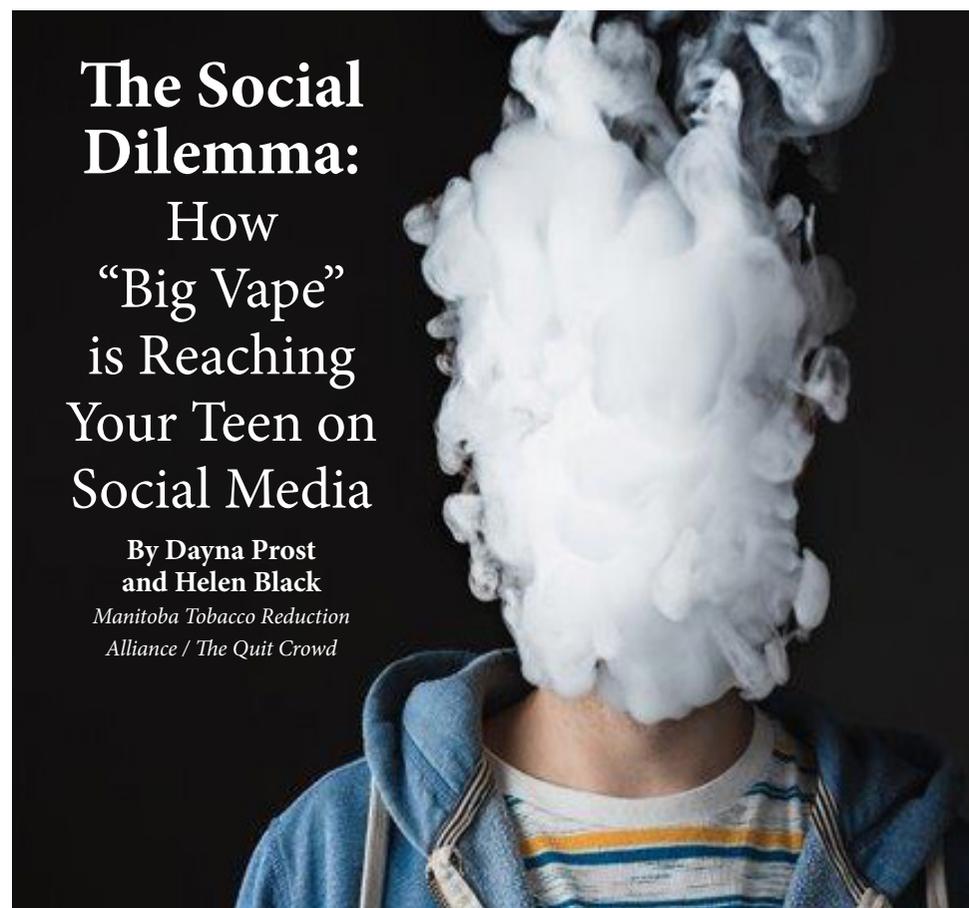
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DAYCARE

The Social Dilemma: How “Big Vape” is Reaching Your Teen on Social Media

By Dayna Prost and Helen Black

Manitoba Tobacco Reduction Alliance / The Quit Crowd



If your teen has a smartphone, chances are, they're on social media. In fact, approximately 72% of Canadian teens use social media sites like Snapchat, Instagram, TikTok and Facebook, and this number steadily increases year after year.¹

While this may come as no surprise to most parents, what's shocking is this same cohort of young Manitobans is using vaping products at an alarming rate. In just two years, from 2017 to 2019, vaping among Manitoban youth (grade 7-12) increased by a whopping 21.5%.² During this time, Big Vape (primarily Juul, one of the largest e-cigarette companies in North America) were leveraging social media to hook a new generation on nicotine.

So how were they doing this, what impact has it had on our youth, and what can we do about it?

Big Vape continues to take advantage of loopholes in current regulations to market to teens.

Unlike tobacco advertising, governments do not currently restrict vape advertising to the same degree. Individual platforms such as Facebook, however, do not allow ads that promote tobacco or vape use. As a work-around, companies use marketing tactics that are known to entice a younger audience. For example, vape companies offer free products, commissions, and discounts to social media influencers who in turn use these products in their social media posts.

Vaping products are being showcased in a way to enhance appeal to teens.

Provocative social media images and videos highlight the 'fun' aspects of vaping and associate it with a positive and social lifestyle.³ Vape tricks, social gatherings, independence, and

rebellion are some ways social media is making vaping more appealing to teens. Sweet and fruity flavours target teens, which makes them more curious to try vaping for the first time.⁴

As a result, many teens have a positive perception of vaping.

With thousands of flavours to try, teens view vaping as cool, fun, and exciting. They view vaping as being more socially acceptable than smoking because vape products are sleek and discreet. There is also a perception that it is a healthier alternative to smoking.³ While there is evidence that suggests it is less harmful, vaping is not completely harmless and long-term studies need to continue to fully understand the effects of vaping.

As a parent, you're probably thinking "how do I prevent my teen from being exposed to vape marketing on social media? I can't just take their phone away." You're right. There's no need to punish our teens for the wrong doings of Big Vape, and there are more productive solutions than an all-out social media ban.

You can start by having an honest conversation with your teen about the risk of vaping and nicotine (there are great resources to guide this conversation on the Government of Canada website). Ensure you find the right moment (it doesn't need to be formal), be patient and ready to listen, and keep the conversation going. If you need support, speak to your healthcare provider, or consider suggesting your teen talk with other trusted adults like teachers, coaches, or counsellors who can help reinforce your message.

Helping Manitobans Make Ends Meet

Carbon Tax Relief Fund

CHEQUES ON THE WAY



The Manitoba government is helping Manitobans ease the financial strain they are facing this winter.

As part of ongoing efforts to help Manitobans make ends meet, the Manitoba government is providing a much needed financial benefit cheque.

To see how the new Carbon Tax Relief Fund will help you and your family, visit:

Manitoba.ca/helpingMB

Manitoba 

¹Anthony, K. "How Gen Z's Social Habits Differ from Older Canadians," *Media in Canada*, (2020): <https://mediaincanada.com/2020/01/17/want-to-attract-gen-z-on-social-get-visual/>

²Heart and Stroke. "Hat tip Health Canada for proposal to cap nicotine levels in vapes" *Heart and Stroke*, (2020): <https://www.heartandstroke.ca/what-we-do/media-centre/news-releases/hat-tip-to-health-canada-for-proposal-to-cap-nicotine-levels-in-vapes#:~:text=One%2Dfifth%20of%20grades%207,Pipe>

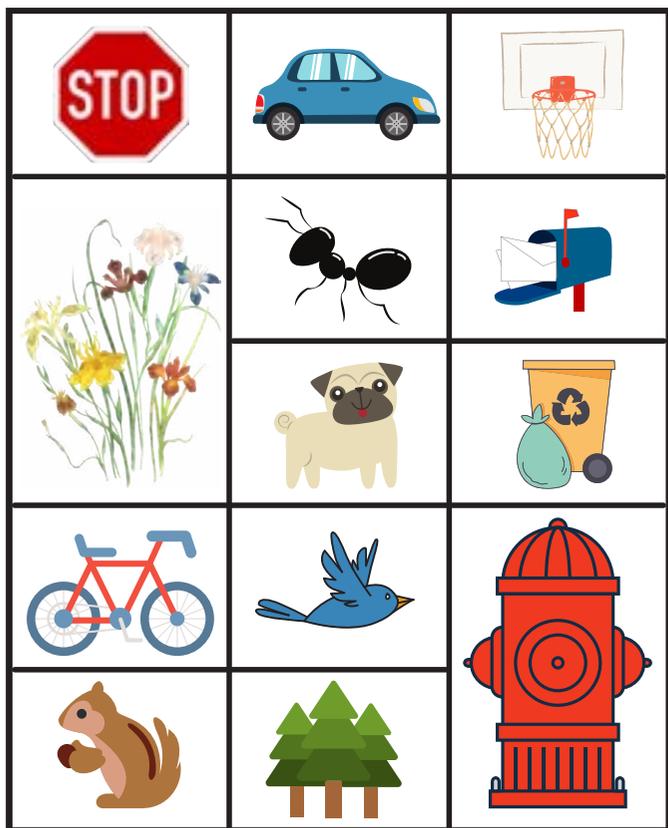
³Malz, J.D. "E-Cigarette and Combustible Tobacco Use: Attitudes and Behaviours. A Synthesis of Findings from Health Canada Public Opinion Research" *Ontario Tobacco Research Unit*, (2020): <https://www.otru.org/wp-content/uploads/2020/04/E-Cigarette-and-Combustible-Tobacco-Use-POR-Synthesis-Report-March-2020.pdf>

⁴Competition Bureau Canada. "Influencer Marketing and the Competition Act," *Competition Bureau Canada*, (2022): <https://www.competitionbureau.gc.ca/eic/site/cb-bc.nsf/eng/04512.html#>

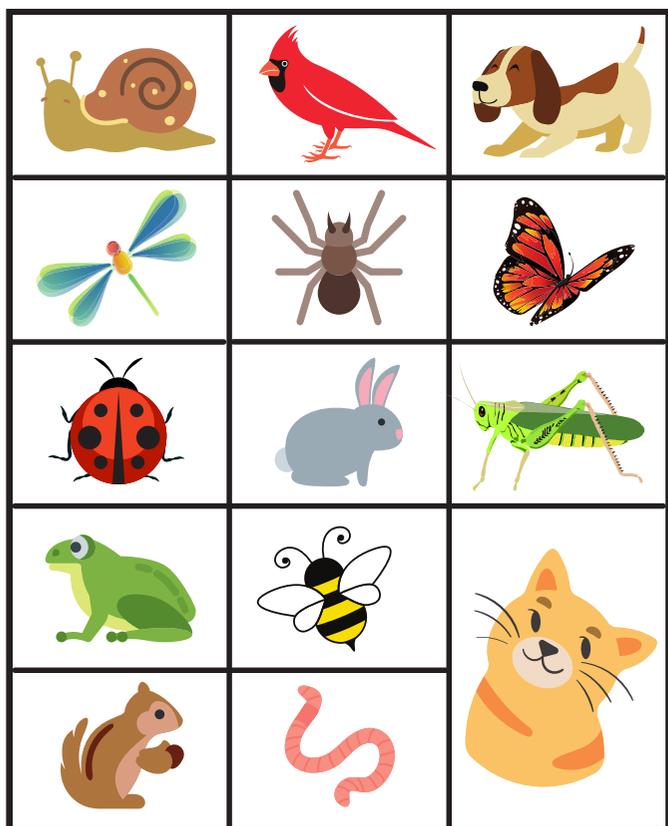
Scavenger Hunt

Scavenger Hunts are fun for the whole family! Try these two fun-filled scavenger hunts. It's a great way to explore your neighbourhood and get out in the sunshine ☀️ this spring break!

Neighbourhood Scavenger Hunt



Critter Scavenger Hunt



credit: runwildmychild.com

March Parent Puzzler

M W T T S V F R I E N D S J R B C A
 O S M A R C H Y H L S T H A W M V D
 U V C B F A M I L Y T I M E G E S V
 N A A L R M Q F T B A N R M Z L L E
 T I G C E M S U R I Y C D B A T E N
 A R A P A A M W I K C A R E P I E T
 I P M E D T N G P T A E I A U N P U
 N L E Y I K I I S F T E V C A G I R
 S A S R N U C O N T I K I H P K N E
 W N Y V G E M L N G O L N E T V F T
 R E L A X I N G S F N F G S W O H S
 C Z C H O L I D A Y S P R I N G Y Y

Find the following words in the puzzle.
 Words are hidden → ↓ and ↘ .

- | | | |
|-------------|-----------|------------|
| ADVENTURE | GAMES | SLEEP IN |
| AIRPLANE | HOLIDAY | SPRING |
| BEACHES | MARCH | STAYCATION |
| CLEANING | MELTING | THAW |
| DRIVING | MOUNTAINS | TRIP |
| FAMILY TIME | READING | VACATION |
| FRIENDS | RELAXING | |

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Distribution: April 3th

May: Summer Camps 3, Summer Fun, Home and Cottage, Mom's Day
Deadline: April 20th
Distribution: May 4th

Digital Newsletters

March Deadline: March 10th
 E-Blast: March 14th

April Deadline: April 14th
 E-Blast: April 18th

May Deadline: May 12th
 E-Blast: May 16th

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