

APRIL 2023

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WINNIPEG PARENT

12

FUN WAYS

*Kids Can Play
Outside This Spring*

PUDDLE PLAY

*Say YES To
The MESS*

Manage Family Screentime

With Easy Habits!

LOVE YOUR PLANET EARTH

On Earth Day and Every Day!

CMV:

The Virus Pregnant Women Need to Know About

CELEBRATING

30

YEARS

OF PUBLISHING
IN 2023



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Make A Propagation Station

It's April and springtime in Winnipeg with trees budding, flowers in bloom and always a perfect time for change. Winnipeg Parent is blooming too and has some exciting changes to announce.

After many years, Susan Rykiss, publisher and owner of Winnipeg Parent has passed over her long-time passion to **Oai Truong** and **Dean Smallwood**. They are your new owners of this fabulous newsmagazine and would like to thank Susan for her trust in them to continuing with Winnipeg Parent as your go-to source of everything 'parent' here in Winnipeg.

I am Dana Todd, new editor of Winnipeg Parent and I am so happy to be a part of your day.

We have some exciting changes with some new, fun ideas in the coming months, stay tuned!

First things first, we will be celebrating with a PARTY!

We invite you to the **Winnipeg Parent Fun Fair!**

Where: Manitoba Museum

When: Sunday, April 23

Time: 1pm – 4pm

As you take the time to read Winnipeg Parent, we would encourage you to contact us with your suggestions or comments on what interests you. You can always reach us at winnipegparent@bouncedesign.com.

Looking forward to seeing you and your family on April 23 at the Winnipeg Parent Fun Fair!

Dana

On the Cover: Girl holds her dad's hand as they go for a walk to enjoy the spring weather.

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Play Outside, But Don't Forget Your Nature Manners



Introduction: Dana Todd
Contribution: Michelle Garret
Wonder Club Explorers: runwildmychild.com

Kids of all ages, it's Springtime and this means it's time to get outside, jump in puddles, and soon run barefoot on green grass! As our snow melts and the sunshine warms us, we begin to get excited to the idea of being outside more often without cumbersome jackets, toques and mitts. Playing outside in the fresh air is one of the most fun parts of childhood. You feel happy to run in the fields dig in the mud, play in the sand.

But... do not forget your nature manners. Nature manners are simply you how treat the outdoors, wild and plant life and how to respect our planet without doing harm. With a little bit of help, your little nature lovers will learn to love and respect all the joy that nature brings. Remember, April 22 is Earth Day and a great day to be outside practicing your 'nature manners'.

Here are seven easy nature manners to teach your little nature-lovers from the Wonder Club Explorers.

1. Give a hoot, don't pollute!

Teaching kids to properly dispose of their trash - food wrappers, juice boxes, and bottles - is one of the easiest manners to teach kids. Trash has no place along trails, waterways, and oceans.

Not only does trash not look nice, but it is also harmful to native flora and fauna.

One of the best ways to prevent littering is to teach kids the "pack in, pack out" mindset. On your next adventure, carry along a grocery bag and stuff it with all of your trash. When the adventure is over, ask your little one to toss it into a trash can so they know how to dispose of it for next time.

2. Just say no to graffiti

Kids are natural artists, but we certainly don't want to encourage them to leave their mark on nature in a damaging way. On our family hikes, when we came upon graffiti carved into trees or painted on rocks and signs, we made sure to point out that it was destroying the natural beauty of the trails we all enjoyed.

3. Look with your eyes, not with your hands!

Nests, dens, hives, and other habitats give rare glimpses into the animal kingdom and are the equivalent of a science textbook come to life! But animal habitats can be delicate, carefully constructed, and teeming with life. They should be observed with an abundance of caution.

Kids are naturally curious creatures. The lure of touching these habitats is strong. And while we are all about hands-on learning, nevertheless, it's

important respect our animal friends and teach kids to follow the simple adage, "look with your eyes, and not with your hands" in these instances. There are plenty of other things in nature that kids can touch and experience up-close.

4. You had me at "hello"

One of my favorite nature manners to teach my son is to be friendly and courteous to other outdoor adventurers and nature-goers. By saying hello, smiling, or nodding one's head, you're acknowledging another person's presence without being overbearing or intrusive.

5. Leave it as you found it

The simple, yet effective, phrase "leave it as you found it" speaks to one's influence in maintaining nature for everyone to enjoy. Don't do anything to destroy the outdoors. Try not to disturb things and leave items in their natural condition, whether it's rocks or vegetation.

6. Be mindful where you walk

When you're out exploring, teach your kids to be mindful of where you walk, sit, put down your bags, and allow your pets. Life outside in nature can be fragile and our missteps can damage it for years to come. When possible, stay on the marked trails and try not to disturb the plants and environment

around you. We're not telling you that you can never go "off trail," but if/when you do, just be mindful of your steps and your actions to not harm or disturb your surroundings.

7. Show respect for wildlife

It's important to teach your kids to respect wildlife and wild animals. Don't feed wild animals or leave food scraps behind. Animals fed by humans may become dependent on that food and have difficulty learning how to fend for themselves in the wild.

For the safety of both kids and animals, keep a safe distance from wild animals. Animals need privacy (particularly during breeding seasons) and can be very protective when approached. A good rule of thumb is, actually using your thumb: close one eye, and then if you hold your thumb up to your open eye and can cover the animal with your thumb, you are at a safe distance. This works out to about 100 yards for large animals like bears and moose, and 25 yards for most medium-sized wildlife.

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Puddle Play – Say YES to the MESS!

By Josee Bergeron
Active For life

Puddles have a uniquely magnetic effect on children. I've seen it countless times. My children will be happily strolling down a trail and then suddenly they spot a small pool of shimmering water ahead. Immediately their pace quickens and they move forward with clear determination. As they approach a puddle there's a tell-tale bounce in their stride. They're priming their legs for what's to come: the double foot splash!

When I see what's about to transpire, I envision piles of wet laundry, sopping boots (or worse yet—shoes!), and a wet child that suddenly realizes they don't want to be wet. I want to blurt out, "No! STOP!"—but instead, I bite my tongue and wait to see what happens.

You see, a puddle is a magical portal: the moment my children place their feet into that puddle they find themselves in a wonderful wet world filled with new opportunities.

A puddle teaches kids how to move their bodies

Puddles are meant to be splashed in. To do that, children need to jump! Jumping develops balance, strength, and agility in little legs and has the benefit of coming in many different styles: big jumps, little hops, run and jump, jumping stars (jacks), arms up or down, jumping with two feet and one-legged hops. Puddles can also be kicked, stirred, and tapped, which are more great movement skills.

To encourage some good puddle jumping, here are some prompts to try out:

- What kind of jump makes the biggest splash?
- Can you jump or kick all the water out of the puddle?
- What happens to a puddle when it's stirred? (use a foot, hand or stick)

It always helps to be dressed well for puddle play. My children are always more keen to play with puddles longer when they're wearing rubber boots and pants.

A puddle teaches a child about the natural world

Here are some simple ideas and questions for introducing puddle science to your child.

- Invite your child to collect a few different bits of nature—a pebble, a leaf, a pinecone, a feather—then bring them to the puddle. Which of the items will sink and which will float? Why?
- Together with your child, outline a puddle on a sidewalk or driveway with chalk. Come back a few hours later and observe the puddle. Did the puddle shrink? Where did the water go? Did it get bigger? Why do you think that happened?
- Find a measuring tape or ruler and help your child measure the puddle. How wide is it? How deep is it? How much water do you think is in this puddle?
- Ask your child to look carefully into the puddle. What do they see? Do they see a reflection? Is there anything living in the puddle?

Say "yes!" to being a puddle parent

The next time your child makes a beeline for a wet and wonderful puddle, breathe deep, remember that clothes and children will wash and dry, and say "YES!" to being a puddle parent. I promise you that puddles are positively amazing.



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DAYCARE



12 Fun Ways Kids Can Play Outside This Spring

By Josee Bergeron
Active For Life

The sun is getting warmer, birds are singing, and my children are shedding their winter gear all over our backyard. Spring is in the air! After the long sleep of winter, nature is filled with a flutter of activity and new energy. The daylight is longer, the snow is quickly melting, soon trees will begin to bloom, insects will start buzzing and critters will be busy building nests. The kids are full of energy too! Thankfully, spring offers many simple, easy, and fun outdoor activities for children to get their wiggles out. On that note, here are 12 free and easy activities you can do outside with your kids this spring.

1. Search for signs of spring

Take a stroll around your neighbourhood or nearby park and search for signs of spring with your child, encouraging them to use all their senses to find spring. What can you see? What do you smell? How does spring feel?

What your child is learning: *mindfulness, as well as an introduction to nature science.*

2. Jump in a puddle

Next time your child spots a puddle encourage them to jump in it! Puddle-jumping helps children build strength and coordination in their legs, and it's just so much fun. Don't worry about the mess: clothes and children can always be washed and dried.

Skill your child is developing: *jumping.*

3. Make a mud pie

Spring is wonderfully mud-delicious! Playing in the mud encourages children to use their creativity and problem-solving skills and all the scooping, digging, pouring, lifting, and moving of mud helps children develop their hand dexterity—so important through life. Mud can be made into pies, castles and art—you'll be surprised what your kids might come up with.

What your child is learning: *creativity, problem-solving, hand dexterity, and sensory processing.*

4. Dig for earthworms

Digging into dirt and finding wiggly worms is exciting and educational. Children like digging for worms and find it strange that they have no arms, legs or eyes.

What your child is learning: *digging, sensory processing, and an introduction to nature science.*

5. Practice spring-themed yoga poses

Show your child how to pretend to be a tall tree, hop like a frog, curl up like a sleepy seed, or a flutter like a butterfly. These are a few simple spring-themed yoga poses that you can practice together outside in a park or your yard.

What your child is learning: *body awareness.*

6. Watch the clouds float by

Place a blanket on the ground and invite your child to watch the clouds in the sky. Lay quietly or be curious about what you see. Are the clouds moving fast or slow? What shapes do you see?

What your child is learning: *mindfulness.*

7. Toss a ball

Now that the snow is gone, take out a ball. Find an open field to kick, toss, or throw the ball with your child. Your child might want to start up an impromptu game of soccer with the family, or make up a game of their own.

Skills your child is developing: *kicking, throwing, and creativity.*

8. Make rain art

Drip, drop, drip. Bring some paper, paintbrushes, and paint outside in the rain. Show your child how to use rain to clean brushes and to spread paint.

What your child is learning: *creativity and fine motor skills.*

9. Make a nature "potion"

Gather, mix, and stir. Nature potions are strange concoctions made of nature materials. They are endowed with magical properties. Help your child make their magical potions by giving them some pots and showing them which nature materials are safe to use.

What your child is learning: *creativity and nature science.*

10. Play in the wind

Spring weather can be windy! Play in the wind with a kite, flag, or streamers. Ask your child to experiment with throwing things in the wind like a leaf, pine cone, or feather. What do they notice?

Skills your child is developing: *running and throwing.*

11. Search for animal tracks

When animals walk over soft earth and mud they leave prints behind. Bring your child on an animal track hunt and see how many different tracks they can find.

What your child is learning: *nature science.*

12. Play hide and seek

If your child has exhausted all the great hiding spots inside your home, then it's time to bring hide and seek outside!

What your child is learning: *problem-solving, counting, and running.*

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BOOK SELECTION OF THE MONTH



"This book shows us all that one small idea can make a big difference. It's Earth Day this month and this is the perfect book to read with your kids. It tells us all that we can each make a change in the world."

- Review By Spencer Kate

One Plastic Bag, by Miranda Paul

The inspiring true story of how one African woman began a movement to recycle the plastic bags that were polluting her community.

Plastic bags are cheap and easy to use. But what happens when a bag breaks or is no longer needed? In Njau, Gambia, people simply dropped the bags and went on their way. One plastic bag became two. Then ten. Then a hundred.

The bags accumulated in ugly heaps alongside roads. Water pooled in them, bringing mosquitoes and disease. Some bags were burned, leaving behind a terrible smell. Some were buried, but they strangled gardens. They killed livestock that tried to eat them. Something had to change.

Isatou Ceesay was that change. She found a way to recycle the bags and transform her community. This inspirational true story shows how one person's actions really can make a difference in our world.

Love Your Planet Earth On Earth Day And Every Day!

By Dana Todd

It's April and time to celebrate Earth Day! Earth Day takes place each year on April 22. This day is all about being aware of the environment and celebrating this fabulous home we call earth. Did you know that over 190 countries take part in Earth Day around the world? That's over 1 billion people celebrating together on one day and reminding us to be kind to our planet!

Earth Day 2023's theme is "Invest in our Planet", encouraging everyone, from large and small businesses to governments and everyday people to take the time to improve the environment. Whether it be through recycling, making wise 'earth' choices or other large or small steps - everything little thing counts! Doing this as a collective group will ensure that the environment for our families in future generations will have a better place to live.

What does this theme mean you? Does it mean being more aware of what plastics our families use in everyday life and how we can change this? Does it mean that you encourage more recycling in your household? Do you help spring clean your neighbourhood? What can you do to invest in our planet?



CMV: The Virus Pregnant Women Need to Know About

Cytomegalovirus (CMV) is a common virus. Once infected, your body retains the virus for life. Most people don't know they have CMV because it rarely causes problems in healthy people.

If you're pregnant, however, CMV is cause for concern. Women who develop an active CMV infection during pregnancy can pass the virus to their babies, who might then experience symptoms. When a CMV infection is passed from a mother to her unborn child,

the infection is called congenital cytomegalovirus, or cCMV for short. cCMV is the most common infection passed from mother to unborn child. Every year, approximately one in 200 babies are born with cCMV. Of those, one in five babies will have a permanent disability such as hearing loss, intellectual disability, or vision impairment. cCMV has a higher disease burden and causes more disability than all other congenital conditions that are currently screened for at birth.

However, if detected early, hearing loss and neurological differences due to cCMV infection can be treated with antiviral medication.

Unfortunately, most cases of cCMV are not being diagnosed. A diagnosis of cCMV at birth would ensure proper care and follow-ups for hearing loss, vision impairments, gross and fine motor outcomes as well as neurodevelopmental differences. cCMV is detectable with a simple test at birth. Universal screening is the only way to ensure

that we catch all cases of cCMV, leading to improved outcomes for each and every child. Help the Canadian CMV Foundation bring universal cCMV screening to Manitoba by signing the petition at www.change.org/UniversalScreeningMB.

Interested in learning more about CMV and cCMV? Connect with the Canadian CMV Foundation by visiting www.cmvcanada.com or by emailing info@cmvcanada.com.

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Safety Alerts From Manitoba Hydro

What lies beneath the surface can kill you!

Whether you're a property owner planning an outdoor project, or a contractor hired to do the work, it's essential to have underground power lines, natural gas pipes, and other utilities marked before your work begins.

If your project will disturb the ground deeper than 15 centimetres (6 inches), go to **ClickBeforeYouDigMB.com** or call **1-800-940-3447** to submit a locate request at least three working days ahead of your project. It's easy, and it's free!

Hitting an underground electrical or natural gas line can result in severe injury or death. It can also cause:

- a widespread power outage or natural gas disruption that may include evacuation.
- release of natural gas that may catch fire or explode upon ignition.
- expensive repair of utility infrastructure with the cost becoming your responsibility.
- damage to property and excavation equipment.

After utilities are marked, follow the safety instructions, and proceed cautiously, exposing cables or pipes with a shovel, not a machine. You may need a Safety Watch provided by Manitoba Hydro.

Don't put people and property at risk! Before you dig, drill, or excavate, contact ClickBeforeYouDigMB.com to know what's below. One-click or call could save your life!

Learn more at hydro.mb.ca/safety

Safe farming around power lines

Big machines can lead to even bigger problems around power lines and utility poles. Farm equipment or a load that exceeds 4.8 metres (15' 9") is a high risk for contacting overhead power lines – especially seeders and cultivators – and it happens all too often. Before seeding begins, apply for a Farm Equipment Clearance permit online from Manitoba Hydro to ensure your route is safe.

Contacting a power line can result in severe injury or death. Follow these tips when working near power lines and poles:

DRIVE THE LINE. Identify where power lines may pose a hazard along your route.

Be aware that power lines at field access points can vary in height and change with weather conditions or road work. Discuss power line dangers with everyone on your farm.

LOOK UP. Before driving under power lines, lower cultivator wings, grain augers, and truck boxes.

MAINTAIN A 3-METRE CLEARANCE. You don't have to touch a power line to be shocked – even killed. If you get too close, electricity can jump, or "arc," to equipment, vehicles, tools, and YOU. Maintain a distance of at least 3 metres from power lines.

USE A SPOTTER. No equipment operator working alone can safely judge the distance from the equipment to overhead power lines. A spotter on the ground has a much better view to help you stay clear.

STAY ALERT. GPS systems and other technologies have their advantages. Update your systems with any changes to your operation and stay alert to avoid contacting utility poles.

CLICK OR CALL BEFORE YOU DIG. Electric cables, natural gas pipelines, and other utilities may be buried underground. Before you dig, drill, or excavate, contact ClickBeforeYouDigMB.com to have underground lines marked so you can dig safely.

Learn more at hydro.mb.ca/safety



Parents and Caregivers: Take time for you too!

Unique self-care ideas for people who don't like self-care

By Christine Latreille
Active For life contributor

When I was asked to write a piece about self-care, I immediately balked. “But, I don’t DO self-care,” I thought. “I haven’t even sat down to read a whole novel since 2008!” I was, quite simply, rather panicked at the thought of writing about what I perceived to be “self-care.”

To my stressed mind, the whole concept seemed a deeply time-consuming detour from work that needed to get done and appointments that had to be kept. Identifying stressors and writing down self-care goals seemed to me, well, stressful. But, maybe I’d been adulting all wrong! Should I get on a journey of self-discovery and fill in the “step-by-step guide to creating your own personalized self-care plan” that social media ads had been waving in front of me? Maybe I needed to start journaling? Create a vision board? Or wake up earlier for a 20-minute meditation session before making the kids’ lunches and getting them off to school?

Instead, I made brownies.

Then, grabbing my camera, I headed outdoors for a walk, hoping to see the small falcon who’d been patrolling the neighbourhood from overhead.

It was then, of course—while breathing a sigh of relief at being outdoors and enjoying the cheeps and twittering of the birds—

that I realized that self-care needn’t be complicated, and I’d been doing my own version of it all along. Baking gooey treats to share with family and neighbours, cutting new trails through the forest at my parents’ farm, hiking trails for hours and scanning treetops for new-to-me birds, and evening walks with my 14-year-old to talk about life, hopes, and dreams—those were the actions keeping my anxiety manageable and my energy levels up.

Perhaps not conventional, but I finally saw that self-care and enhancing both physical health and mental health can come in many forms, and what makes you feel the most rested and refreshed is unique to each of us.

Boost health and ease stress with an array of activities

In a Harvard EdCast podcast, Harvard lecturer, licensed psychologist, and elementary education teacher Jacqueline Zeller shared self-care ideas for educators and discussed how it’s not a one-size-fits-all approach for anyone:

“[Self-care] doesn’t need to be overwhelming or expensive. It can include preserving time to have a mindful cup of tea or coffee, or even changing into more comfortable clothes at the end of a workday, or taking a walk outside in nature, even pausing before you start a new activity and taking some slow, deep breaths to just be mindful with what you’re about to engage in.”

Continues on next page »

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Parents and Caregivers: Take time for you too! Continued



Birding

Not just for adults, birding is an immersive experience that can be enjoyed with kids, and help everyone become more attuned to the wider world. Both my boys have come along on my miles-long excursions, and can now identify a soaring great blue heron, or a white-throated sparrow by its “My sweet Canada, Canada, Canada” song. Engaging our bodies and focusing on the sights, sounds, and smells around us gives us all a break from our worries.

Using a pen or pencil and paper, proponents of the practice mindfully draw structured patterns to create a sense of calm and connection in an overstimulated world. You may not have doodled since you were a kid, but give it a try! Getting our creative juices flowing can help to stimulate the part of our brain that often gets neglected as we grow older.

Baking

Sticking closer to home, something as simple as baking can offer “focused relaxation” as psychologists Tracy Thomas and Nicole Beurkens explain in this article from Better Homes and Gardens. “Baking has a set start and end point that helps people feel a sense of control and purpose, both of which help stave off feelings of overwhelm and depression,” Beurkens said.

Laughter yoga

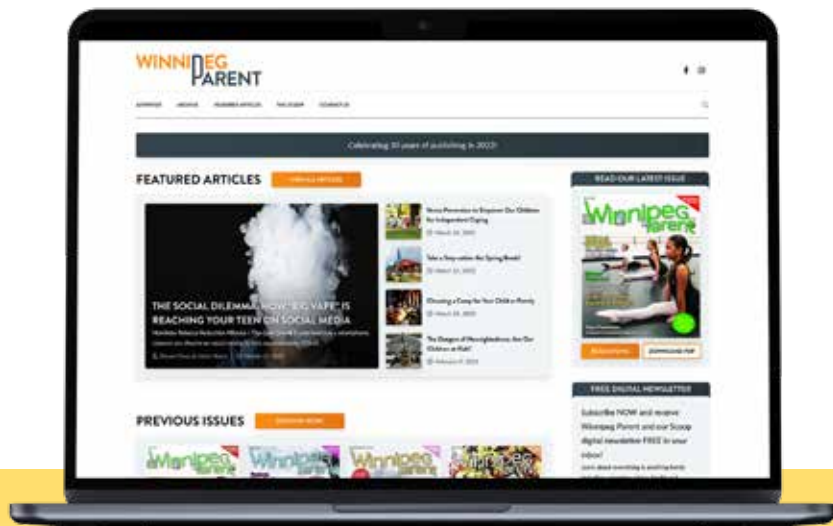
Or, if you’re looking for a physical release to lower blood pressure or alleviate any body anxiety that you might be feeling, how about trying a new activity? Laughter yoga, which combines laughter exercises with Pranayama (yoga breathing techniques) can help increase oxygen to the body and brain, making us feel more energetic and healthy. Regularly partaking in physical activity can enhance self-esteem and confidence, reduce stress, and improve mental resilience.

For myself, I’ve found that being outside surrounded by nature is my best form of self-care. For you, it might be something else. If you’re having a bad day, struggling with burnout, or you need a little break, hopefully, you can find self-care practices that work for you.

Drawing: The Zentangle method

Another simple path to relaxation and calming an anxious mind is through the style of drawing known as the Zentangle method.

EVERYTHING AT A GLANCE



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How To Help Lessen Stress For Kids During Tryout Season



By John O'Sullivan
Active For life

"My kid is so stressed, she is so worried she won't be able to play with her friends anymore," a mom recently wrote us. "We have friends who tell us their daughter is physically ill with worry. She is 10!"

Sound familiar? It's the annual rite of passage we call tryouts in youth sports, and it can be a horrible time for so many involved. Tryout season is upon us, at least in the youth soccer world where I coach, and it is so sad to see the massive pressure so many children feel in a sport that is supposed to bring them great joy.

I am not saying that it's not okay to have tryouts, but I truly think coaches, parents, and clubs can do their kids some huge favors so that not only is this less stressful for them, but you actually get to see the best version of the player instead of the tight, tentative, and scared 10-year-old.

Here are some ways we can all help:

Clubs

It is understandable that at certain ages you begin to tier kids, but waiting as long as possible to do so is hugely important. And when you tier them, **do not make it a**

self-fulfilling prophecy! Allow player movement, let players train in teams that stretch them and teams that do not. Give equal coaching to all tiers, not simply put your top coaches with your top group. And here is the big one. **Do not add stress to an already stressful situation.** Forcing kids to make snap decisions and threatening them with losing their spot if they do not commit immediately is not the way to build a transformational organization. Tell them what you offer, let them try **you** out as well as you trying them out, and be patient. You will be a better club in the long run for it.

Coaches

Try to bring joy to a stressful situation, smile a lot, help kids relax, and stop treating children who still sleep with stuffed animals like they are mini adults. And once you pick your team, have the courtesy to speak directly with those you did not select, especially if they played for you in the past year. Be a human being to children and their parents. And finally, coach the kids assuming you got the selections wrong and not correct! In other words, pay attention to the B team, give those kids a shot, and make sure everyone develops. Because the younger the kids are, the more likely your selections are wrong in the long run.

Parents

This time can be just as stressful for you, as we hate to see our kids disappointed and hurt. We can also be separated from our own friend groups if our child is cut from a team. Your children need you to be the adult in the room at this time. First, find organizations that focus on the human being and not just the athlete. Your kids do not have the life perspective to find the right club, but you do, and number of scholarships or wins is often a very poor indicator of how they will treat and develop your child. Second, take a look at the video below and help your child deal with disappointment by asking what went well, what needs work, what can we work on in the short term to get better. Remember, as I say in the video, our job is not to prepare the path for the child, but the child for the path.

This tryout season, let's not win the race to the bottom. Let's focus on the kids and be the adults they need right now! What do you think—are there other ways clubs, coaches, and parents can ensure this is a positive experience for their kids?

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Manage Family Screen Time With Easy Habits

With spring, sunshine and the outdoors just around the corner, don't wait to create healthy and easy screentime habits.

Health experts have repeatedly sounded the alarm over excessive screen time and children's inactivity. In response, many have created guidelines and provided tips on how to control screen time.

The problem is that simple "control" doesn't work. It usually just leads to ugly power struggles with kids.

Maybe it's time to try a new approach—one that doesn't involve power battles between kids and adults. What if we focus on creating easy habits that support physical activity instead?

Easy habits for screen time

Team up with your child and follow these simple steps:

1. Start by identifying the new habit that you want to create around the use of screen devices and decide how you will celebrate each time you do it.
2. Start easy, something that everyone in the family can follow.

Dinnertime:

New habit: Everyone (including you) must turn off their screen devices while at the dinner table

Celebration: If you do this for the week, celebrate with Friday night pizza or a Saturday afternoon picnic

There can be many ways to celebrate. You can make it as silly as you want. The key is to make the habit small and easy, and the celebration fun and enjoyable.

Don't wait, start today!

Remember, whatever new screentime habit you create, don't forget to follow it as a family. That means parents too! Keep your celebration fun and inclusive for everyone - celebration High fives? Cheers? Happy dance? Make it fun and memorable.

easy **HABITS** ↻

MEAL TIME

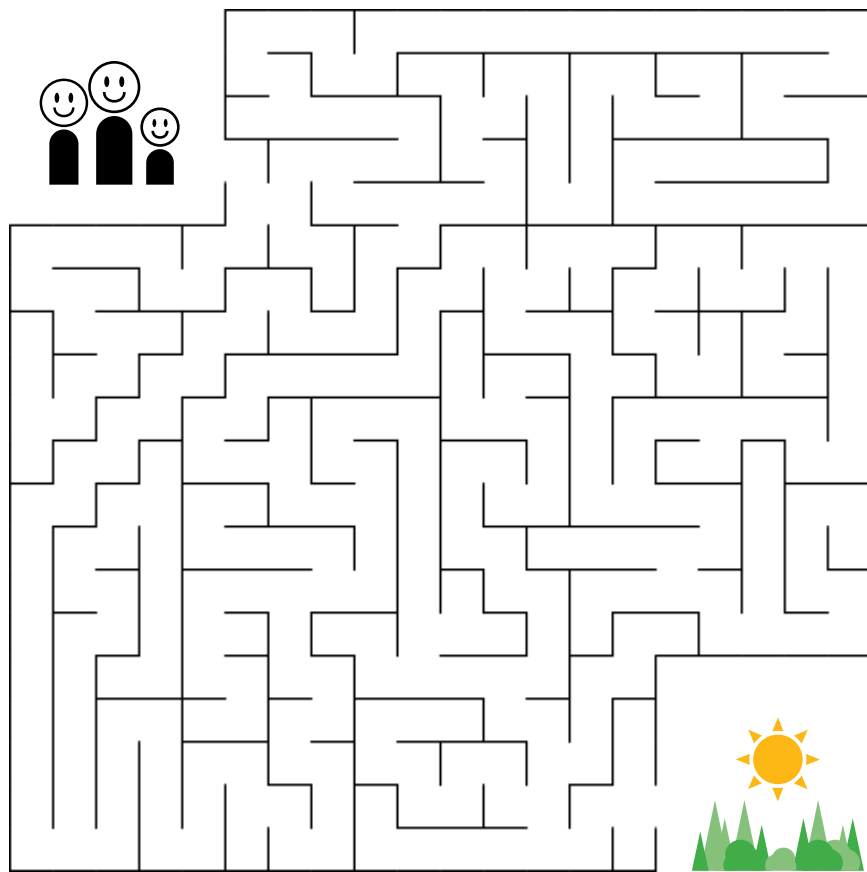
- 1 New habit: Leave screen devices in another room.
- 2 Time: When you sit for a meal.
- 3 Celebrate: Say "I rock"? Share hi-fives? Something else?



activeforlife.com/easyhabits

ACTIVE FOR LIFE®

APRIL Maze Mania



This family is going on a hike and wants to find the best view of the forest! Help them reach their goal by navigating them from start to finish.

APRIL Parent Puzzler

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

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

- | | | |
|-------------|------------|-------------|
| BABIES | FULL MOON | RAINBOW |
| BLOOMING | GERMINATE | SPRING SHOW |
| BUTTERFLIES | GRASS | SUNSHINE |
| CLEANING | GREENHOUSE | UMBRELLA |
| EQUINOX | OUTSIDE | |
| FLOWERS | PLANTING | |
| FRESH AIR | RAIN | |

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MAKE A

Propagation Station

AND WATCH YOUR PLANTS GROW

Spring is a fun time to watch the world come back to life and explode with colour! Don't wait for the snow to melt and the grass to become green, start your growing now. This simple propagation station is great for kids young and old to begin to spring into the season by adding their own colour.



Propagation station from dollar store.



Acrylic paints for a beautiful work of art!



A completed propagation station to grow your plants.



Step 1:

Purchase an inexpensive propagation station. This one is from the dollar store, for \$2.50.

Step 2:

Get your supplies ready including:

- Newspaper or a towel
- Paint Brushes
- Paints
- Jar with water to wash your brushes
- Your imagination!

Step 3:

Dip your brush and begin to paint. Use as many or as little colours you like! Draw shapes, or numbers, letters or anything you like! This is your work of art!

Step 4:

Let your creation station dry.

Step 5:

Add water to each vial.

Step 6:

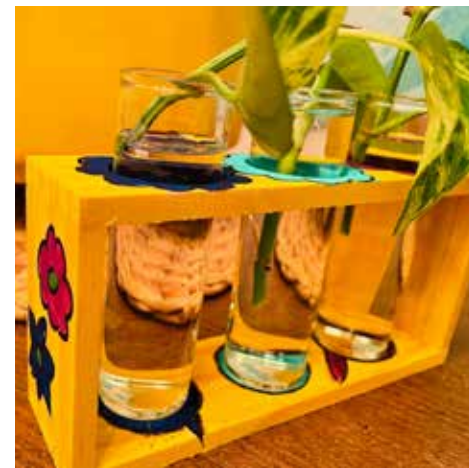
Have a parent or older helper help you snip 2—3 or 4 pieces diagonally from an existing house plant. Add these to the vials of water.

Step 7:

Watch your plants grow!

Very important: Do not forget to keep an eye on them and refill the water.

Once the roots start to grow, transfer your plants into a small pot filled with mud.



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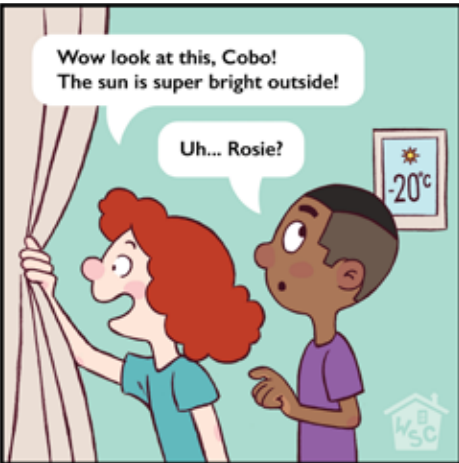
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by JUSTIN ROBIN



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FEED The Ducks

SPRING Mani -Pedi

PICK Berries

MAKE Lemonade

GO ON A Nature Walk

GO TO a Baseball Game

DECORATE Easter Eggs

SPRING Clean

VISIT A Farm

Gardening

HAVE A BBQ

Rainbow

FIND A Fishing

EAT Ice Cream

GO TO The Zoo

PLANT Flowers

GO TO The Park

WATCH The Sunset

PLAY WITH Sidewalk Chalk

HAVE a Picnic

TRY A New Fitness Class

TAKE A Family PHOTO

FLY A Kite

PLAY Golf

Go To Farmer's Market

ENJOY An Outdoor Concert

CELEBRATE National Donut Day

PICK Wild Flowers

JUMP IN A Puddle

Spring Bucket List

Credit: Chelsea's Messy Apron

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