

WINNIPEG PARENT

CELEBRATING
30
YEARS
OF PUBLISHING
IN 2023

10
PLANTS

*That are known to
keep the bugs away*

**DIABETES
UNDER
THE RADAR**

A Personal Health Testimony

**Spring
Community
Clean-Up**

*Grab your running
shoes—and a bag—
to go plogging!*

**Summer Camp
Super Guide 2023**

PART 2

*Now is the time to plan the
perfect summer for your child!*

**GROSS MOTOR SKILLS
& YOUR CHILD**

Benchmarks For Infants and Toddlers

**SEE INSIDE FOR
OUR BOOK
SELECTION OF
THE MONTH!**



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May is always an exciting month for me! I love to look out and see it go from brown to bright green with an overnight rain. Flowers starting to bloom and trees starting to bud. The anticipation of the coming months of lakes, cabins and camping. Of getting outdoors (without 4 layers of clothing!). Of spending lots of fun family and friend time creating new memories.

Thinking about the months ahead also brings to mind questions on how to keep the kids busy. This issue will help with that. Inside you will find great information about some of the fun camps around the city this summer, everything from horseback riding day camps to sports and educational opportunities. Check it out!

We here at Winnipeg Parent love to encourage outdoor play as much as possible. Stay tuned for suggestions, ideas and fun places to visit in your own province in the upcoming months!

Enjoy the May flowers!

Dana



On the Cover: Boy holds out a beautiful bouquet of flowers for Mother's Day.

DON'T MISS OUT!

on advertising in Manitoba's premiere parenting newsmagazine!

June/July 2023 Featuring:

Summer Fun, Home & Cottage,
Summer Reading Club

Deadline: May 18th

Distribution: June 2nd

June Scoop:

Deadline: June 16th

E.Blast: June 20th

WHERE TO FIND WINNIPEG PARENT

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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Phone / Fax (204) 771-2249

E-Mail winnipegparent@bouncedesign.com

Publisher/Editor Dana Todd

Management Consultant Bounce Design

Design & Layout Bounce Design

Advertising Sales

Call (204) 771-2249

Email: winnipegparent@bouncedesign.com

www.winnipegparent.com

Website Bounce Design

Contributors

- Jan Pierce
- Susan Scandiffio
- Heather Dixon
- Jim Grove
- Dr. Jay
- Justin Robin
- Dana Todd

Summer Camp Super Guide 2023

PART 2

As the sunshine warms up, we can feel summer approaching on the horizon. The incredible and creative people, who work to keep kids of all ages busy with summer camp programs, are anxiously waiting to get "camping". Do your kids like day camps? Overnights? Sporting or technology? Winnipeg has so many camps of different shapes and sizes and you will be sure to find something fun for your child this summer.

Registration for most camps have already begun so be sure to contact them quickly to book a spot. In this issue of Winnipeg Parent you will find a great variety of camps, sure to fit your little camper this summer!

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.

KEYMC 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.

Continues on next page »



BRAND NEW PROGRAM FOR CHILDREN AGES 5 TO 10!

Summer Dance Day Camp

AUGUST 21-25 & AUGUST 28-SEPTEMBER 1

Join us for a week-long (or sign up for both weeks!) celebration of imagination, movement and the power of play. **Register at rwb.org/school**



PHOTO RWB SCHOOL RECREATIONAL DIVISION STUDENTS; BY KRISTEN SAWATZKY

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PRINT ISSUE SCHEDULE

June/July Issue: Summer Fun,
Home & Cottage, Summer Reading
Club

Deadline: May 18th
Distribution: June 2nd

August/September: Back to
School

Deadline: July 20th
Distribution: August 2nd

DIGITAL NEWSLETTERS

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

July Deadline: June 9th
E-Blast: June 13th

August Deadline: July 7th
E-Blast: July 11th

For more information email:
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or call: 204-771-2249

**WINNIPEG
PARENT**



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.

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 Celaire 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.littleballersbasketball.com

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.

Spring Break at the Manitoba Museum

March 25 to April 2, 10 am to 5 pm

Did you know that 71% of Earth is covered in water? This Spring Break get ready to dive into fun as the Manitoba Museum shares fun and engaging water-based programming for the whole family! Bring along your family and friends to learn about some of Manitoba's amazing aquatic animals and watch "Science of Water" demonstrations in our Auditorium.

Premiering March 22 and running throughout Spring Break is our newest Planetarium show, Enchanted Reef! When their home reef is destroyed by a fishing trawler, three brave fish set out on a quest across the polluted ocean to find the "Enchanted Reef" – a legendary pristine haven under the sea. Full of humor and imagination, this film for the whole family is an undersea adventure that raises awareness about the impact of pollution on our oceans.

Spring Break at the Manitoba Museum runs from March 25 to April 2, 10 am – 5 pm daily. To purchase your 3-attraction Spring Break tickets please visit www.manitobamuseum.ca or call 204-956-2830.

Spring Break programming is generously supported by BMO.

The Royal City Soccer Club

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.

The Royal Winnipeg Ballet School

The Royal Winnipeg Ballet School (RWB School) is thrilled to announce a brand-new program debuting this summer! Summer Dance Day Camp offers children ages 5-10 (going into Kindergarten to grade 5 in September 2023) the opportunity to try a variety of dance disciplines, including ballet, jazz, tap, hip hop, and musical theatre under the guidance of world-renowned RWB School artistic faculty. Participants will also have opportunities to learn different choreography, do arts and crafts, play games, and enjoy other fun activities at the RWB's beautiful and accessible downtown campus.

Continues on next page »

In addition to picking up some sweet new moves, campers will improve their coordination, spatial awareness, motor and listening skills, and independence, all while having fun and making new friends in a positive and safe environment.

Sessions are one week in length beginning August 21 running through September 1. You can sign up your little one for one or both sessions. Classes run from 9:00 am-4:00 pm daily.

Registration is now open. Visit RWB.org to get started. For more information, contact the RWB School Office at school@rwb.org or 204.957.3467

We can't wait to dance with you summer!

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. 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.

WISE Kid-Netic Energy TechToks for Teens - FREE!

Join WISE Kid-Netic Energy this summer at our FREE TechToks for youth aged 13-15! Participants will have an opportunity to explore cool technology and digital literacy skills of their choice through 2½ hour sessions!

Youth will learn about coding, apps, and try out various new tech tools! This year's TechTok sessions include Code your own video game, Robot Rundown where participants will design, build and code a robot, Design your own app, and technology such as micro:bits and MakeyMakey! These sessions are geared towards introducing technology to youth that are looking to try something new, so no prior knowledge is required.

TechToks will be offered in July at various locations around Winnipeg:

- July 10-13 **Edmund Partridge School**
- July 17-20 **Tec Voc High School**
- July 24-27 **Kelvin High School & H.C. Avery School**
- July 31-Aug. 3 **Amber Trails School**

During each week of TechToks, participants will get to place their name in a draw to win a unique TechTok prize! Sign up and attend multiple sessions to get more chances to win!

For more information and to register head to our website at wisekidneticenergy.ca. Be sure to sign up for our newsletter for the latest updates on our sessions and registration for this summer!

WISE Kid-Netic Energy

a summer with WISE Kid-Netic Energy

IN WINNIPEG IN JULY AROUND THE CITY!

TechToks
AGES 13 - 15

“Byte”-sized sessions where participants can sign up for their choice of Coding & Tech topics to explore throughout the week!

KEEP IT BASIC: INTRODUCTION
GG, GAMERS: CODE YOUR OWN VIDEO GAME
MICRO:BITS OF CODING
ENTREPRENEUR: DESIGN YOUR OWN APP
A+ IN C/C++: A CODING EXPERIENCE
MAKEYMAKEY! YOUR OWN ARCADE GAME
ROBOT RUNDOWN PART 1 & 2

Learn More & Register at:
wisekidneticenergy.ca

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Attention Parents!

Does YOUR child:

- Have trouble reading or spelling?
- Have trouble copying?
- Have a short attention span?
- Prefer to be read to?
- Have poor handwriting?
- Reverse numbers and letters?
- Have trouble remembering what was read?

If your child has any of these symptoms, they may have an eye coordination and/or eye tracking problem blocking learning.

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Explore-Abilities Evening

A Sensory-Friendly Museum Event
at the Manitoba Children's Museum



Join the Children's Museum for their sensory-friendly museum experience. This fabulous and fun evening is designed for children with Autism Spectrum Disorders (ASD) and sensory processing differences to have fun and enjoy interactive, hands-on learning in a safe and accessible facility!

Developed in conjunction with experts from Autism Learning Centre, Autism Manitoba, and On The Spectrum Therapy Services, this event features

- Light and sound reductions in museum galleries
- Extra visual signage for safety
- A less crowded environment
- Designated quiet zones apart from the galleries
- Specialized equipment (i.e., UbiDuo 2-Way Communication Device, sunglasses, ear defenders, fidget toys, and Braille Visitor Information Brochures in English and French) available upon request
- Specially trained staff to complement your museum experience

If you and your family would like to participate, you must register for the event. To register, contact the Children's museum at 204.924.4005 or on-line at childrensmuseum.com

Challenge for Life



Are you and your family up for the #challenge?

CancerCare Manitoba Foundation has added a new family friendly event to the Challenge for Life on June 3 at Assiniboine Park!

The 5km Challenge for Life is a great way to get out as a family - to support those who are living with Cancer or in memory of someone dear to you. The 5km walk is the perfect distance for a family. You walk through the lush Assiniboine Park on a well designed walk, past The Leaf, the Pavilion and down a portion of the incredible Trans Canada Trail.

The pathway is clearly marked by signage and friendly Challenge for Life volunteers to help cheer you on!

Join in the CancerCare Manitoba's Challenge for Life on **June 3rd**.

Register today! <https://www.cancercarefdn.mb.ca/>

Why do we do it? BECAUSE WE CAN!

Thank you!

WINNIPEG
PARENT

2023 Family Fun & Learning Fair

The Winnipeg Parent Fun Fair was so much fun!

A big fun-filled THANK YOU to everyone who joined us at the Winnipeg Parent Fun Fair on April 23!

Over 149 lbs of food was collected and donated to Manitoba Harvest from the families who came out to enjoy the day!

And.....THANK YOU to our exhibitors for your participation, and keeping the kids busy with great activities and lots of action!

Bee2gether Bikes

Health Canada

Little Ballers
Basketball Camp

Jobworks

My Gym St. Vital

Expressions
Film Studio

Baby Language Lab -
Developmental
Psychology University
of Manitoba

Balmoral Hall School

GRAND
Developmental
Vision Institute &
Anderson Vision

Laurie Robin - author

Heather's
Pretty Parties

Norwex -
Annette Hacault

Whitetail Sports
Camps and Coaching

Groove Academy -
School of Music

Sagehill Stables

Music for
Young Children

Cotton Candy Treats

Manitoba Museum

Manitoba Theatre
for Young People

Marcel with
Mini Donuts!

See you next year!

Spring Community Clean Up!

Grab your running shoes—and a bag—to go plogging



Time to start planting!

There is nothing better than stepping into your backyard, or onto a balcony and being struck by vibrant colours and incredible smells!

If you are anything like me, I love the outdoors...but mosquitos and things that bite are not my favorite part of May to September!

Here are 10 different plants to think of planting this year to keep those pesky biters at bay!

10 Plants That Are Known To KEEP THE BUGS AWAY



Credit: Farmer's Almanac

By Susan Scandiffio
Active For life contributor

Ahhh, spring! The sun is shining, the snow has melted, the grass is green(ing), and flowers are starting to bloom. But wait! Look a little closer at lawns, parks, and sidewalks. Is that (shudder!) litter? But we are such considerate, environmentally friendly, and law-abiding citizens. We couldn't have spent an entire winter unaware of the food wrappers, sandwich bags, and coffee cups lurking under the beautiful white canvas of our surroundings.

With spring comes spring cleaning. They go together like spaghetti and meatballs, like Ernie and Bert, like... well, you get the idea. And when spring cleaning, it's important to remember not just the state of our indoors, but our outdoors too.

With all that uncovered litter just begging to be bagged, it's time to focus on and embrace the greatest physical activity since prance-ercising. Plogging!

What is plogging?

The word comes from the combination of the Swedish term "plocka up" (pick up) and jogging. It's an activity which is apparently so popular in Sweden and in other European countries that groups dedicated to plogging have formed. Think of it the chance to run, have fun, and to help pick up gum (I came so close with my rhyming).

"With all that uncovered litter just begging to be bagged, it's time to focus on and embrace the greatest physical activity since prance-ercising. Plogging!"

Grab the kids, the neighbours, gloves for everyone, closed-toe shoes, a couple of garbage bags, and pick a safe route through your neighbourhood or around your local park. Remind your kids to avoid dangerous pieces of litter such as needles, glass, and batteries. Maybe you could take the kids to their schoolyards to see what they could pick up there too.

Plogging will give your kids fresh air, activity, and pride in their surroundings. And perhaps because they're being made aware of the litter in their midst, they'll think twice before either dropping or walking by garbage in the future.

Sweden. It has already proven its excellence in meatballs, unassembled furniture, and musicians (ABBA). And now it has shared its love of physical activity and keeping our planet a little greener.

Plog on, ploggers!

SOCCER DAY CAMPS 2023

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May is Mental Health Awareness Month

This free resource makes it easier for coaches to navigate mental health challenges

By Heather Dixon
Active For life contributor

When kids are involved in sport and activity, it can be good for their mental health. We know that children who are active and move regularly are healthier, happier, and more successful in life.

However, we also know that sometimes athletes experience issues with their mental health, including children. It's not only important for parents to be aware and involved in the physical and mental health of their children, but it's also important for coaches to play a part. Coaches at all levels are integral to the lives of athletes, and they're ideally positioned to promote good mental health.

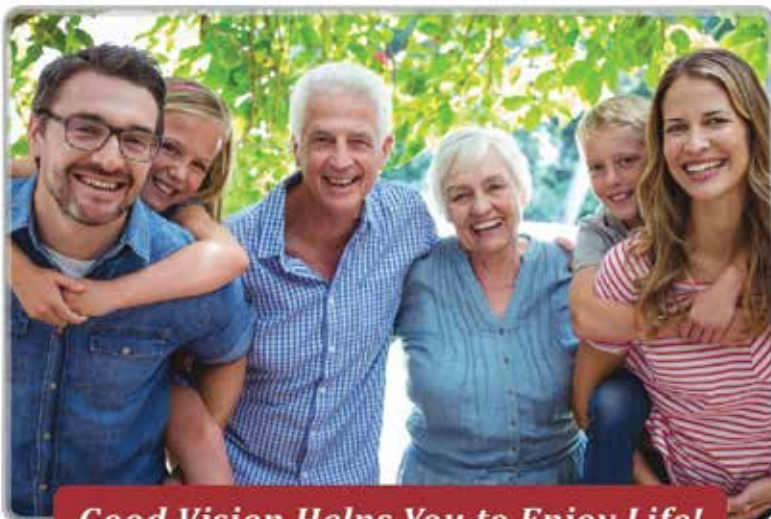
The Coaching Association of Canada has launched a resource designed to help coaches do just that. The Mental Health and Sport Resource Hub gathers up-to-date,

culturally informed, and evidence-based resources in one place, making it easier for coaches, athletes, and other members of the sport community to navigate mental health challenges.

The hub aims to "overcome stigma and guide conversations about mental health." With everything from articles and infographics to learning modules and videos... all completely free and available online, this portal offers a wide variety of training and resources to help coaches in the community "develop mental health literacy and positive coaching practices to improve performance and well-being in sport."

Coach.ca is an incredible resource for coaches of all levels. From beginner athletes to the elite, if you are a coach, a parent who is involved in your child's activities or want to know more information to help your big or little athlete as they navigate their sport, visit coach.ca today!

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Diabetes Under The Radar

A Personal Health Testimony



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

We all hope to live fulfilling, memorable, and healthy lives. Leading healthy lives tends to be the most difficult for many. I was fortunate to be involved in athletics throughout my life starting at the age of 4. Although being born premature delayed the onset of the typical teenage growth spurt, I enjoyed the high level to which I was able to compete in Ice Hockey, Soccer, Tennis, and Swimming. After high school finished, I modified my participation in athletics to focus on coaching and used my personal time to exercise. While engaging in regular exercise, I chose to optimize my diet by eating balanced colorful meals. Professionally, I was fortunate to progress through an animated experiential academic journey that led me from the University of Winnipeg for college, New York University for my Masters, the University of Iowa for my Doctoral degree, and a 1-year internship at the University of South Florida as the final requirement for my degree in Counseling Psychology. I was blessed to apply my health and wellness strategies and stress management techniques to hundreds of University students and college athletes.

According to my friends I was the epitome of healthy living; abstaining from drugs and cigarettes throughout my life and maximizing each moment with the people I was fortunate to interact with. When questioned why I chose to live this energetic lifestyle (intentionally trying to motivate people

of all ages to optimize their health), I responded: "Life can change in a moment and I want to ensure I have no regrets." Those words were the very words I shared with a friend of mine mere moments after I finished the final requirement for my Doctoral degree. With my car packed it was time for me to drive from Tampa, FL to Winnipeg, MB and begin my formal career. I was set to teach health and wellness classes at the University of Winnipeg and work at a group practice doing psychotherapy for varying ages of the population.

It is important to note that my car was repaired after a significant accident in April 2011 that led to \$7,000 damage, 24 hours in the ER, and \$10,000 in medical bills (all covered by the other driver's insurance). Four days later I flew to Iowa to defend my dissertation and celebrate my birthday with a few very important people in my life. Well, that was when things started to shift. I had to stop exercising to focus on the rehabilitation from the car accident and simultaneously started to lose weight for the first time in my life. I figured I was losing weight because I had to stop exercising, but when I lost 25 pounds between May 2011 and August 2011, I knew something was wrong. Nevertheless, I began the 2500 mile journey to Canada.

My last stop on my journey was visiting one of my closest friends in Des Moines and as we were eating dinner one night I said: "Something is happening to my body, but I don't know what." I continued the journey and had a delicious home cooked meal with a friend of mine and her mom

"So there it was- the moment my life changed forever. It is not life ending, just life modifying. Just because I will need to modify how I live..."

in rural Iowa. It was a perfect ending, an exclamation point on my studies and moments in the U.S. with the most authentic conversation while feeling at home during this lunch. I realized one of the main reasons I decided to accept the job offers in Canada was because of family. So, I drove off into the sunset overlooking the breadth of corn fields that spanned the Hawkeye state. I left Iowa knowing I accomplished everything I wanted to do and was eager yet patient to return home to celebrate my sister's 30th birthday with her.

Well if "a moment changes everything."that moment happened once I crossed the border. For some reason between the border and my house (approximately 75 miles), I had to stop and use the facilities 3 times. I eventually arrived in Winnipeg and within 24 hours of rolling over the border, I was embraced by a wave of family members. I attended a wedding the next day and said to a friend of mine, "I am not well." I called my uncles from the wedding and told them I needed some blood work because my energy was depleting as was my body weight. At this point I had lost 12% of my total body weight since April.

I met one of my uncles at the hospital at 8am the next morning and when he saw me he thought I was fading and he has no idea how I drove across the country looking the way I did. August 15, 2011 I had blood tests at 9:00 am, 10:00 am I had a meeting with the University of Winnipeg to review the syllabi I created for my courses, and came home at 10:30 to a voicemail: "Jay, you need to come back to the hospital, I have your blood test results. You have Type I Juvenile Diabetes."

I returned to the hospital and met with an endocrinologist and he told me that my blood sugars were higher than 36.0 mmol/L (close to 700 mg/dL). As the Diabetes Education Centre was teaching me how to use insulin, my legs and arms started to go numb, my vision became blurry, and my mouth and face were drying out along with the rest of my body with muscles protruding from my skin. I was going into shock and by 11:20 am I was carted off to the ER wearing nothing but a t-shirt, jeans and sunglasses as it was too painful to wear sandals. After the hospital staff spent 3 days rehydrating me I left and noticed that my car was hit from behind in the parking lot while in the ER. I returned to the hospital the next day because of boils on my head and face that were from a bacterial infection I developed from being in the hospital.

I have no idea how this diagnosis happened, but more so how long I was living with it AND how fortunate I am to be alive. As I was going into shock, thank goodness for the mindfulness breathing stuff I was doing in the ER otherwise

Continues on next page »



**BALMORAL
HALL SCHOOL**
MELIORA PETENS

**A SPACE
TO PLAY
AND GROW**



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.



Diabetes Under The Radar: A Personal Health Testimony *Continued from previous page*

who knows how much worse it would have got. So there it was— the moment my life changed forever. It is not life ending, just life modifying. Just because I will need to modify how I live (i.e., taking daily shots of insulin), I will not change my life or my perspective. I am fortunate that I have been leading a healthy lifestyle (with intentional eating and exercise) throughout my days which led the dietician to speculate that I was some sort of anomaly. After the brief dance with death I resumed physical therapy to repair my shoulder, back, and neck from the car accident, and made any attempt to get back to my “normal” life. In reality I was FAR from getting back to normal as I would come home from physical therapy with feelings of nausea and exhaustion.

I told my team of nurses and doctors, “Just tell me what I need to do and where my blood sugar levels need to be at and I will do it.” They gave me the information yet what they failed to mention was my blood sugars can be a little higher a couple hours after eating. Within weeks I was able to get my blood sugars between 3.5-5.5 mmol/L (64-100 mg/dL) and thought that is what they informed me would work. I began teaching and doing clinical work after Labor Day. Throughout my working days, I spoke with people at the hospital they provided encouragement for my numbers and amazement at how quickly I was able to have the numbers so close and so consistent.

I took that encouragement and what I thought was progress and proceeded to live my life while most mornings and some days I had levels lower than 3.0 mmol/L (~75mg/dL).

So the days continued and I was having sugar lows 3-4 times/day leading me to feel faint, dizzy, and increases and decreases in body temperature. To compensate I had to treat each low with a lot of sugar and in addition to my meals I was eating the equivalent of 2.5 candy bars per day for 4 months.

To help gain the original weight lost during the summer I was also given meal replacements as snacks. So, my body weight increased to 20 pounds higher than it had ever been in my life.

Let's just say my first 100 days in Canada were not necessarily what I had hoped for (physiologically). Although work was extremely enjoyable in large part because of the people I am fortunate to collaborate with, life outside of work had been nonexistent due to the lovely August diagnosis. Although I felt I was making good progress with the blood sugars and such after attending 3 weddings in August— that was not the case which prevented me from going to Vancouver & Israel for the 4th and 5th weddings in 90 days. There had not been 1 day where I went without multiple lows. With the blood glucose meters available sometimes they are not 100% accurate and I was teaching in the afternoons with blood sugars closer to 3.0 mmol/L (less than 70mg/dL). Some of my lows (especially in the mornings) were borderline seizures and risk of a coma.

Unfortunately, the lows led me to feeling exhausted, blurred, and no energy to even think about doing anything after work. I reserved all of my energy for my students and clients and when I got home it was bedtime. I was passively moving through life in a fog, yet somehow able to function basically driving with the physiological gas tank on empty. Throughout the first 100+ days while living in Canada, I was the complete opposite of who I normally am and the antithesis of my book. I often limited my social phone calls to one per week due to the lack of energy to engage in a conversation where I am most present the way I want to be. If it wasn't for email, text, and Facebook, I would most likely just not have the energy to be in touch with very many people. My social interaction outside of work focused on 11 hours of weekly physical therapy to repair my body and even that was an

“...I was numb or void or any emotional and physical connection to... life.”

internal struggle to stay present, but I tried. I was hopeful that the physical therapy would help give me a sign of hope that something was progressing even if it required whatever little energy I had left.

Mentally and emotionally I was obviously frustrated at times, yet I did not isolate myself because I don't like people or don't want to see people. I just did not have the energy to do those things. I was not depressed or anxious about the current or future moments. I remained hopeful that things will continue to normalize as there are millions of people with this diagnosis. Physically, if it was not for physical therapy, I have NO IDEA where I would be. For the first time since April, I started to exercise at 25% four months after the diagnosis—a miracle really. Socially, with great difficulty, I made a few attempts to have the energy to connect with friends and people I care most about yet that has been limited and I remain optimistic it will improve. I had a few visitors come to town and tried to spend time with them after work. However, I was so disconnected from myself that although I felt my mind and heart were present in the conversations, my body was so distant that I was numb or void or any emotional and physical connection to . . . life.

By December 2011, I opted out of attending my graduation ceremony at the University of Iowa as I did not have the energy to even talk never mind fly. My skin was breaking out, my energy was depleted, my eyes were black and red, and at night my vision was often blurred and body helpless. I had learned I was taking too much insulin and HOW to adjust for that in a safe way. In August 2011 I was taking

a total of 53 total units of insulin throughout each day and having 3-4 lows per day. The nurses adjusted my insulin slowly to 45 units per day. After a conversation with one of my first friends from pre-kindergarten in mid-December, I changed my total insulin intake to help increase the blood sugars and prevent the frequent lows. Currently, I am not taking any insulin and exercising at 70% until I return to my normal flexibility. The drastic shift in my insulin intake compounded by more routine exercise made significant changes in my ability to function at my pre-diagnosis levels. I also recognize and understand the “honeymoon” phase and know that I will return to taking insulin at some undetermined date. If it was not for that phone call with my friend and a shift in my primary endocrinologist, I have no idea if my energy would have returned as it may have been too late. As of the beginning of January I began to slowly resume normal cognitive, emotional, and physical functioning without experiencing the numbness, pain, and fog.

[Editor's note: The following paragraphs are an update to Jay's story, added August/October 2012 and January 2013]

I returned from a wedding in late January with strep throat and the flu. After recovering and ending my routine physical therapy, I began trigger point acupuncture on my shoulder, neck, and back, 3 times/week, which helped tremendously. I had also developed excruciating pain in my lower left abdominal region which was later diagnosed as myofascial pain syndrome causing pain when I would walk and sit for longer periods of time. I recovered from the upper body injuries by the end of February. Shortly thereafter as I intended to resume my normal exercise, I tore a muscle in my other shoulder. I returned to brief physical therapy for a couple weeks and began massage therapy 2 times/week for a month.

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Food Allergy Awareness Month: My Family's Story With A Gluten Allergy

Written By Dana Todd

Images Taken By Spencer Todd

My daughter was diagnosed with Celiac Disease - an allergy to gluten - at the age of 10. While the diagnosis wasn't ideal, we were happy to finally figure out what was wrong. Her symptoms weren't typical, and it didn't cross our minds an allergy was making her unwell. No one else in our family has this food allergy and it can be genetic.

I'm the type of parent that needs good hard evidence before going to the doctor. As a mom of a very spirited and dramatic child, it was sometime hard to determine if something needed medical attention. We had many 'the boy who cried wolf' conversations as she grew up! Well, needless to say, the stomach pain, listlessness and overall not feeling well each and every day with my pasta-loving daughter was real.

We are very lucky to have an incredible pediatrician. He recognized the symptoms immediately and then began tests, blood work and specialist appointments followed by a diagnostic scope to confirm. After all of this, my daughter received an official diagnosis of Celiac Disease.

Now, although it is not an anaphylactic allergy, and we do realize how lucky we are, it comes with its own host of challenges. Changing a 10-year old's entire way of eating was the first step. She went through many days of sadness and frustration that she couldn't eat her favorites of pasta, pizza and Looking back, and still looking forward, most people still don't completely understand the allergy and Celiac disease. A nut allergy is easy to



understand because of the severity of it.

Asthma is easier to understand because you can see and hear what is happening.

But with gluten, it's not anaphylactic or visible. Anyone with Celiac disease has heard 'while she will just be a little sick' or 'I have a gluten sensitivity too'. Now, not to knock those with gluten sensitivity, but Celiac Disease is not just an intolerance. Those officially diagnosed with Celiac disease are not just sensitive to gluten. They are fully allergic, have an autoimmune disease, and can get extremely ill for days with the only the slightest speck of a crumb.

Because of this, we were constantly worried about cross contamination. For that first year we all went gluten-free in our household to make it easier to meal-prepare and not worry that we left 'real' bread crumbs on the counter! But...she can't live in a bubble, and she's an extremely social being so



hiding her away from the outside world would be impossible. Not to mention as a family, we love to eat at restaurants!

Cross contamination, in my opinion of living with someone that does have Celiac Disease, is probably the most challenging thing. Many wonderful people in our lives offer and try their very best to provide gluten free options. But cooking with gluten free ingredients is one thing. Ensuring that everything you have touched, or use has not touched gluten is another. The toaster, the pans, the butter you have scooped before making your gluten-filled toast, using one spoon to stir a sauce then another to stir a gluten free sauce, all must be free and clear of the smallest speck of gluten. We have learned to bring gluten free dinners and snacks whenever we go. Sleepovers have become easier and as she's grown up; she's become an incredible advocate for herself.

That is what I am most proud of. She has taken this on as her responsibility (this is not the easiest to do at 10 years old), learned how to read labels, asks the questions, ensures for herself that friends and restaurants understand. Overall, it's becoming easier over the years. "There are always worst things in the world" is her motto and she is truly a glass half full girl!

What I didn't mention is that I am horrible in the kitchen and cooking isn't my thing. It isn't my husband's favorite thing either. But we have all learned to adapt and are taking this in stride. There are excellent resources out there on at the library, the internet and in the celiac community that we constantly use. The gluten-free section at the grocery stores is expanding and all-in-all we take a page from our now 15-year-old and do our very best keep our glasses half-full!

Diabetes Under The Radar: A Personal Health Testimony *Continued from previous page*

By the end of March, I felt myself returning to normalcy. So, I resumed the slow, steady, and light exercise and by June I needed to start taking insulin again. The amount of insulin to carbohydrate ratio changed 4 times obviously leading to more lows, but with the experiences from the year, I understood how to work with it. Due to the Diabetes, injuries take longer to heal and it was not until August when I started to feel relief from all the injuries.

I then learned in September 2012 that the odd stomach pains that began during the summer of 2012 turned into frequent trips to the GI unit and they couldn't find anything. So, I went with Eastern Medicine and they discovered a Candida overgrowth that leads to chronic fatigue, bloating, and cramps.

So, the abdomen pain was lurking for months as was the excessive tiredness, because I had been living with a yeast infection since October 2011. The yeast overgrowth was better explained by taking too much antibiotics that were prescribed for the pain and various illnesses caused by my frequent appearances at the hospital. I then had to go on a detox diet to clean out the excessive yeast. So I was drinking nothing but these powdered shakes for 4 weeks to repair my stomach lining.

The yeast had infected my body so much and certain foods I was eating made it worse leading to my organs (i.e., nervous system) shutting down in Sept/Oct 2012. I had lost 15 pounds in 2 weeks and apparently my small intestine was damaged, my stomach lining was torn, and my gastrointestinal tract basically stopped functioning. Through it all I stopped needing insulin and had to remove gluten and dairy from my diet in order to function. I started to see an Osteopath in November 2012 and he had told me after assessing my body that my organs were in a sort of earthquake from the car accident

leading to damage on two spots of my spine and the reverse side - my bruised esophagus, and damaged small intestine, pancreas, and lower ab region.

By the beginning of December 2012, my blood sugars were finally balanced needing a maximum of 10 units of long lasting insulin (5 at night and 5 during the day), my injuries were healed, and my exercise was finally optimal. I had flown to New Jersey to visit my sister, came home with the flu, and once I recovered, it was January 2013 when I felt myself, my body, and my world were truly healing. Finally, after 20 months, I can honestly say, it's been quite the ride (and continues to be). Regardless of the routes I took to heal, it was more about what was best for me as I felt both Eastern and Western medicine contributed to my health improving. After seeing 8 different specialists for 12 different physical injuries, strep throat/flu four times, and the Diabetes diagnosis . . . I am moving forward, because I refuse to give up.

I love each one of my friends and family members, who have offered their support (especially those select few who have truly articulated themselves so beautifully). I apologize for the people in my life who I may have neglected or sent mixed messages to as I try to recover and I am taking each hour at a time. I am sad by some of the connections I have lost because of my inability to truly communicate my experience as it was happening. I have understood why certain friends and people in my life may have been offended by my lack of consistent communication (both verbal and nonverbal) and unfortunately I need to be focused on my health. Finally, I am beyond appreciative of the support I have received from my students as they have sent many emails sharing their experiences and thanking me for being so open about my reality with them during the semester. I have learned that we all have challenges in life and how we respond to these challenges is what will make all the difference.

I openly accept my new reality until my different normal is settled and defined. I acknowledge that it could be a lot worse and it still sucks... let's be serious, it sucks AND I will be ok. I still hold true to this quote:

"Attitude is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than success, than what other people think, say or do. It is more important than appearance, giftedness, or skill. It will make or break a business... a home... a friendship... an organization. The remarkable thing is, you have a choice everyday of what your attitude will be. We cannot change our past...we cannot change the action of others. We cannot change the inevitable. The only thing we can change is our attitude. Life is 10% of what happens to us and 90% of how we react to it." -Charles R. Swindoll

As I was fortunate to share with my students and have talked about this many times over wondering why bad things happen to good people and I am beginning to learn why. I think part of it is because most people won't listen to bad people yet they often have their ear to the floor when good people speak. I seem to have led a healthy lifestyle. I have devoted my energy and efforts to helping people make healthy choices for themselves and hoping to inspire them to maximize their moments... only to end up with some chronic illness. It reminds me of 3 things:

1. Throughout life I chose to take risks and create adventures, travel and learn about this world, and truly live life to the fullest throughout my time just in case something came along that limited my activity... and here it is. I am only hopeful people are able to realize how lucky they are if they do have their health. It is very easy to take advantage of life before a physician tells them they need to make drastic changes. Why wait?

2. It also gives me a moment to reflect on who the important people are in my life why and how fortunate I am to have them help color my world.

3. I am confident that I will return to normalcy and this little bird will fly again regardless of how long it takes for me to "learn how to fly when I ain't got wings." I am inspired by the courage, resistance, and perseverance of so many who have been diagnosed with any form of chronic illness. I thank those in my life for their patience and understanding as I WILL reconnect with my mind, body, heart, and soul... one moment at a time.

I am thankful for the nurses, doctors, family, and friends affiliated with the medical field who have helped add insight and provide suggestions. I continue to realize, even though at times I was running into the wind, fighting the battle with cardboard while my feet were stuck in concrete, and wearing kryptonite around my neck, I am still the axis to my world. I am the one who controls the speed and direction to which it turns and how each moment is defined.

Good things... come from the choices we make in life...



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

Childcare Support for Essential Workers
<https://eswchildcare.ca/>

Manitobans helping Manitobans
<https://helpnextdoormb.ca/>

Vaccine Information
<http://www.manitobavaccine.ca>

Crisis Lines

Klinic Crisis Line
<http://klinik.mb.ca/crisis-support/Klinic-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)

Klinic Sexual Assault Crisis Line
<http://klinik.mb.ca/in-person-counselling/sexual-assault-crisis-counselling/>
"Klinic 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

Gross Motor Skills And Your Child

Benchmarks For Infants and Toddlers



By Jim Grove
Active For life contributor

Research indicates that gross motor skills are a major predictor of a child's school readiness. In essence they reflect "brain skills," yet many parents and caregivers overlook their importance.

When infants and toddlers move their arms, legs, and other large body parts with large muscle groups, they are developing their gross motor skills. However, studies suggest that as children develop crawling, walking, running, and jumping, they are also developing their cognitive abilities.

How? Researchers believe it's because many of the brain regions employed in motor skills development are also common to cognitive and perceptual skills. In effect, when infants and toddlers begin to work their large muscles, they are also exercising the neural networks needed for cognition and perception.

The correlation between the development of gross motor skills and cognition is born out by studies showing that preschoolers with poor motor skill development tend to struggle when they enter grade school.

Helping your child develop motor skills

Parents and caregivers can help children develop gross motor skills by making sure the infants and toddlers in their care are active every day in age-appropriate ways.

Tummy time provides an important early start for infants, and there are many ways that parents and caregivers can support it.

Physical activity in the early years doesn't need to be complicated, but it needs to happen. After all, children are born with the potential to move but not the skills. To develop their skills and capacities, parents and caregivers need to create and support daily movement opportunities for the infants and toddlers in their care.

Here is a quick checklist of some of the fundamental movement skills that your infant and toddlers should be developing according to Jim. Remember however that everyone develops at their own pace and speed. This is simply a guideline to follow.

Infants

From 0 to 2 years old

1. Grasping

Your child is born with a grasping reflex from day one. However, she will actually begin to practice grasping with deliberate intention at around three to four months. The ability to grasp objects is an essential motor skill. It also requires the development of hand-eye coordination, and it needs to be stimulated and supported in infancy.

Tip: Make sure your child always has age-appropriate toys to encourage her to practice grasping.

2. Roll over

Your infant should be able to roll over onto her stomach between four and six months of age. Rolling over requires the development of basic core strength, and continued practice develops greater strength and coordination to progress to sitting and crawling.

Tip: Give your infant regular tummy time so she becomes familiar with the sensation of being on her stomach.

3. Sitting

Infants will generally be able to sit up unassisted at six months. Sitting requires core strength and coordination, which is developed earlier through regular tummy time.

Tip: When your infant starts to sit up on the floor, make sure that there are no sharp or hard obstacles present. Never leave her sitting unattended on beds, sofas, or chairs. If she loses her balance and tumbles, serious injury can result.

Toddler

Aged Two to Four

1. Running

By age two, most toddlers will have started running (some will have started as early as 20 months). They are still a bit unsteady on their feet and they often fall down, but they are keen to be fast and mobile.

Tips: Encourage your child in her running by making frequent trips to parks and other places where there are open spaces. When presented with an open field, most toddlers want to run and explore. Play games that promote running such as chasing a soccer ball or take turns chasing each other.

2. Throwing

Toddlers will naturally start to throw underhand before their second birthday, and some will even start to throw overhand. Their arms and legs will tend to be straight, and they won't rotate their upper body very much, but they will improve steadily towards their fourth birthday. And the more they practice throwing, the better they'll get.

Tip: Help your child to develop her throwing by playing catch with soft foam or fabric balls, or place simple paper targets on the wall for her to throw at. You should use balls that are small enough for your child to easily grasp.

3. Catching

With a little coaching, you can teach your toddler to catch soft foam or fabric balls. Catching is a natural companion activity to throwing, and catching activities help her to develop the ability to track the flight of an object in the air.

Tip: Show your child how to form a "basket" with her two arms in front of her stomach. Gently toss the ball into her basket from a close distance of one to two metres. As her confidence grows and her fine motor skills improve, she will eventually start to use her hands more than her arms.

Book Clubs: Not Just For Grown-ups Anymore



Contributed By Jan Pierce
Run Wild My Child

Book clubs are fashionable these days and there are so excellent reasons for joining a book group, no matter what your age! Jan Pierce, an educator and avid reader has compiled some very compelling reasons for you and your child to get hooked on book....clubs!

The Call to Read

Book discussions are a chance to step outside the usual activities of the day and “live” in another world created by the author. If you’re interested in being a lifelong learner, this sort of discussion is healthy for you.

For the Kids

Kids greatly increase their reading comprehension skills and their enjoyment of the reading process when they engage in discussion related to the nuts and bolts of a book.

Social Aspects of a Book Club

Book groups offer a sense of belonging and fulfill a desire for regular social interactions with people of similar interests.

- You may be stretched to read books you would never choose on your own.
- You may hear ideas that would never have entered your mind when reading alone.
- Book discussions bring out strong opinions, encourage personal openness and provide a lot of laughter and camaraderie.

For the Kids

Book groups offer a sense of belonging and fulfill a desire for regular social interactions with people of similar interests.

- With guidance and the proper questions they can enter into book discussions and begin to form opinions on what they like and dislike.
- They benefit from hearing the ideas of other kids and get some valuable practice in expressing their ideas and opinions in a group.
- They enjoy exposure to a wide variety of writing.

Reading with a Purpose

A third reason to belong to a book club is the motivation they provide to keep reading.

For the Kids

Guess what? Kids enjoy reading more when they read with a purpose. They love to talk about the ins and outs of the chosen story, maybe changing the ending or writing themselves into the plot.

What Next?

If you aren’t in a book group, find one or form one fast! Go online to search for groups near you or invite friends to gather on a regular basis to read great books. For kids, form a moms/dads and kids group to read great children’s literature together.

With summer just around the corner... Grab a book, a blanket and some friends. Head out to your favorite park for great discussion, snacks and sunshine!

Thank you for
30
YEARS
of your
readership!



WINNIPEG PARENT



REGISTER NOW

Challenge for
Life

JUNE 3 ASSINIBOINE PARK
20k OR 5k | OR Virtual: May 27–June 3

CO-PRESENTING SPONSORS



MAY Parent Puzzler

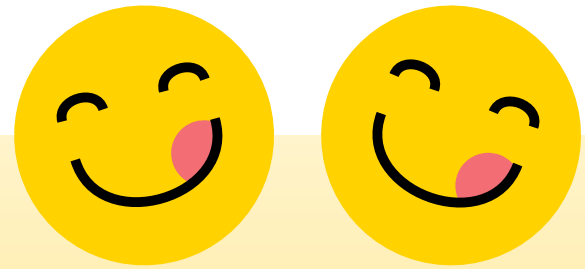
M C N F R E S H A I R Y S K P Q K S
 B E C F A C T I V I T I E S S M B F
 I G A S L A I R M A T T R E S S E M
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 N G A D O M A R S H M A L L O W S S
 I K K S L E E P I N G B A G Y N B U

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

- | | | |
|-------------|---------------|--------------|
| ACTIVITIES | FAMILY | MEMORIES |
| AIR MATTRES | FRESH AIR | ROASTING |
| BIKING | FRIENDS | SLEEPING BAG |
| CAMPER | GHOST STORIES | STARS |
| CAMPFIRE | HOTDOGS | WILDERNESS |
| CHOPPING | LAKE | |
| COTTAGE | MARSHMALLOWS | |

MAKE Spinach & Cheese Quiche

GLUTEN-FREE RECIPE!



This is one of our very easy household meal staples! Breakfast, snack, lunch and dinner - Quiche is a great nutritious quick and easy option. The most difficult part of this recipe waiting for it to be ready!

It is also an easy and nutritious recipe to change up by adding different vegetables, meat, or sweet things like apples and cinnamon.

Ingredients

- Gluten Free Crust
- 4 eggs
- 1 cup milk
- 1 cup cheese
**I use Black Diamond Mexican pre shredded cheese. I've also used smoke gouda (yum, but a stronger taste)*
- 3 tsp rice flour
- 1 cup of an assortment of:
ham, roasted red peppers, bacon, broccoli, carrots, whatever is in the fridge!
- Handful of spinach
- 1 tsp cooking oil.
I use grapeseed oil as it's very light tasting
- 1 tsp garlic
- Salt & Pepper to taste

Instructions

1. Pre-heat oven to 350 degrees
 2. Remove Pre-made Quiche crust from the freezer and let sit for 10 minutes
 3. While waiting - cut up all your vegetables and meat (if adding)
 4. In a frying pan - Dry roast any vegetables to a slightly 'charred' look and taste and then put aside.
 5. Add 1 tsp of oil to fresh frying pan with 1 tsp garlic - add spinach, salt and pepper and sauté for 4 minutes until wilted
 6. Take pre-made crust and poke randomly with a fork - Put in oven for 10 minutes until lightly brown
 7. After 10 minutes, remove crust and set aside
 8. Mix cheese and flour together.
**This is an interesting and important step. It takes the greasiness out of the cheese and you can't taste the flour.*
 9. Add small layer of cheese on the bottom of the shell
 10. Mix everything else together in a bowl, including remaining cheese, salt & pepper)
 11. Pour into the quiche shell and bake 25-30 minutes
 12. Let sit for 5 minutes before cutting
- ENJOY!**

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WINNIPEG PARENT

BOOK SELECTION OF THE MONTH



Oakley the Squirrel: Camping 1-2-3! by Nancy Rose

This adorable board book is a counting book with a nutty twist! Oakley the Squirrel: Camping 1-2-3 introduces budding readers to early math skills as well as the charming, ubiquitous creatures living right outside their doorsteps! Behind the pages is the author's extraordinary process of capturing the images! Setting up tiny scenes on her back porch, she strategically hides peanuts and sunflower seeds for the squirrels to find them. Then, when an untrained and wild squirrel visits the miniature scene, she snaps as many pictures as she can! This book is a great start for beginning 'counters' and the photography is a delight for caregivers!



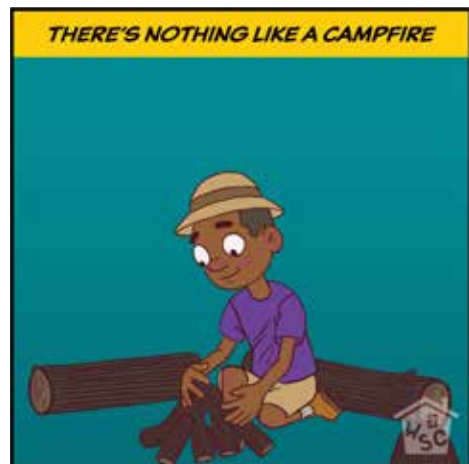
About The Author:

Photographer Nancy Rose lives in Hubley, Nova Scotia, Canada and is a retired high school guidance counselor and proud grandmother. She is rarely without a camera and sees subjects everywhere. Nancy's squirrel pictures have been featured in several magazines internationally.

"This book is a great start for beginning 'counters' and the photography is a delight for caregivers!"

- Review By Dana Todd

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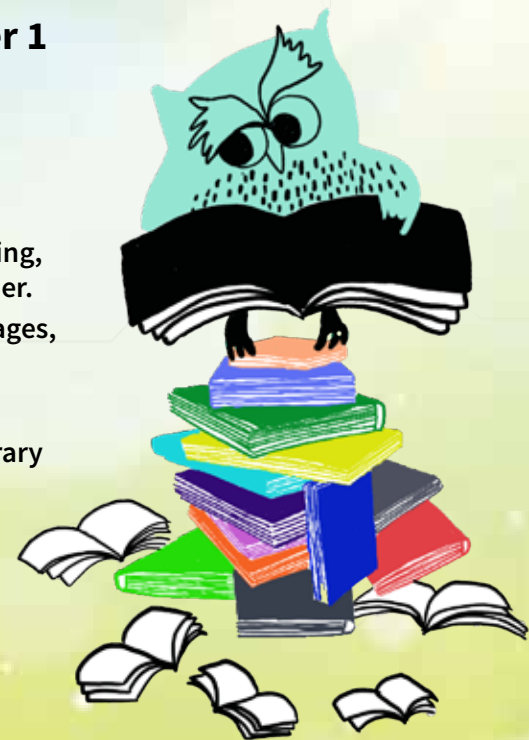
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