

WINNIPEG PARENT

SUMMER ADVENTURES

How to Create a Summer Bucket List!

How Walking Changed My Life

Start Small. Ease Into It. Here's How

Must-See Winnipeg Summer Attractions

PLAN THE PERFECT SUMMER!

Any season is a great season to be a tourist in your own town!

7 WAYS

to find adventure and activity in your own backyard!

REMAINING SCHOOL READY DURING SUMMER BREAK



SEE INSIDE FOR OUR BOOK SELECTION OF THE MONTH!



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I absolutely love summer in Manitoba! Our weather is perfectly hot, our lakes and beaches are incredible, there are festivals galore. There is so much to do right here in our own Manitoba backyard!

With another school year almost in the books, it's time to think about enjoying the next couple of months! Summertime is a great time to connect with friends and family at a local park for an outdoor BBQ or a camping trip to the Whiteshell. My favorite spot is Nutimik Lake, it's spectacular but I'm biased because I grew up there!

The **Fringe Festival** is great for all ages to explore our city, take in great theatre and support our arts. The **Folk Festival** at Birds Hill Park is a highlight for many and **Folkorama** takes you to other countries and celebrates so many cultures.

In this issue of Winnipeg Parent, you will find fun ways to keep kids of all ages busy this summer and how to make the most of your summer. We talk about walking for your mental health, keeping kids from summertime brain-drain and working on business ideas with teens.

Good luck with the final weeks of school, and get outside and enjoy summer!

Dana

On the Cover: Boy hikes in the forest.

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Must-See Winnipeg Summer Attractions

PLAN THE PERFECT SUMMER!

Any season is a great season to be a tourist in your own town! Don't have summer plans yet? Here are some Must-see Winnipeg Attractions to do in Winnipeg this summer from Tourism Manitoba:



Canadian Museum for Human Rights

This is a must-see this summer if you have not already been! This spectacular building is made up of 1335 pieces of glass which mirror the sky and the stone ramps inside the Museum lead you on a journey from darkness into light as you move up through the exhibits.

Manitoba Museum

An incredible family-friendly destination that will keep you busy for an entire day, the Manitoba Museum has three different spaces to explore. Take the kids to The Science Gallery, with hands on activities, the Planetarium with shows all about the universe and the main gallery space. Don't forget to get aboard the Nonsuch, the life-size replica of a 17th century sailing ship.

Rainbow Stage

Set in Kildonan Park, home of the Witch's Hut, Rainbow Stage has to be on your summer Winnipeg list! I'm excited to share I am going to see one of my favorites, Rent, in July!

Go under the sea with Ariel and her friends at The Little Mermaid running through August.

FortWhyte Alive

A perfect family day! Explore the endless outdoor trails, see the Bison, rent kayaks and canoes and go fishing! FortWhyte Alive takes you straight into nature, right inside the city.

The Royal Canadian Mint

I am embarrassed to admit I have never been to The Royal Canadian Mint. It is on my summer bucket-list and I will report back in August!

The Mint is a unique attraction, manufacturing coins for more than 75 countries around the globe.

I've been told to take the on a 45-minute tour that is offered regularly throughout the summer, it is worth it! And as an added bonus to an already fun day, you will have the opportunity to strike your own coin and feel how heavy a pure gold bar worth over \$700,000 is.

Assiniboine Park + Zoo

Assiniboine Park is something we in Winnipeg take for granted. It's such an incredible outdoor space for young and old!

From Polar Bears at the Zoo to the sweet smells in the Leo Mol English Gardens and the newest attraction - the Gardens at the Leaf or tossing a ball or frisbee in the park it's a great place to get out and play! For the littles, the Nature's Playground is so much fun.



The Forks

Our family loves The Forks. It is our go-to place when we have visitors in town, or when we are looking for a great city walk. The Forks in the summer is the place to be. You can walk the river trail and then site and visit on the 'beach' on the river bank, walk through the natural grasses over the old train bridge or take the water taxi and see our city from a different view! Inside the Forks are great shops, restaurants and the Common to make your day complete!



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6 Tips

FOR KEEPING KIDS ACTIVE ON LONG ROAD TRIPS



By Van Colden

Active For life contributor

When it's time to hit the road for family vacations, the idea of spending endless hours in the car can feel intimidating. Don't get discouraged. There are things that you can do to get kids to burn off some extra energy on road trips.

Here are some of my tips and tricks:

1. Stop at provincial parks for lunch

I can say with certainty that we have many incredibly well-taken-care-of provincial parks sprinkled across Canada. Some provincial parks have camping capabilities while others are day-use only. Generally, these parks are much less busy than our national parks.

An added bonus with provincial parks is that they often have bathrooms available to empty wee little bladders before getting back in the car.

2. Pack an outdoor recreation bag—and keep it handy

Having an accessible duffel bag with some outdoor toys is a great way to keep kids moving on driving breaks. Our rec bag is one of the last things to go into the car. We pack baseball gloves, balls, skipping ropes, buckets, toy cars and trucks, and shovels in there. On most stops, this bag comes out with us.

3. Have a proper bike rack

Bikes can also come in handy on the road, but only if they're easy to load and unload.

Our rack takes minutes to load and unload and so if there's a safe place for the kids to ride, the bikes are fair game. The best bike racks will swing away, loaded or unloaded, from your vehicle's hatch, trunk, or back door to allow for easy access to your bike helmets or your rec bag.

4. Play "Find the Monkey"

This is a game that we've been playing for years while camping. We use it on stops where the kids need a little extra exercise. We have a sock monkey mascot (any stuffy would work) that travels with us. The game is simple. First, set inbound parameters. Then you hide the monkey while the kids close their eyes without peeking. Our rules are that the monkey always has to have a little bit showing so that you can see him from a distance. Whoever finds the monkey hides it next! So much fun!

Van holds a degree in biology and physiotherapy. She's an avid outdoorsperson who documents her adventures with her kids and is a firm believer in health and wellness by way of fresh air. She is always hunting for family-friendly adventures! Find Van online at rollingwithvan.com or getkidsout.com, and follow her on Facebook and Instagram (@rollingwithvanand @getkidsout).

5. Save your recycling for creative time

When we're on a camping road trip, I save our recycling, such as egg cartons, containers, plastics, and collapsed cereal boxes. If we're at a campsite pull out the recycling. Keep duct tape, scissors, and string with the recycled goods. Then challenge the kids to create.

On our trip last summer, I challenged the kids to build the best boat they could. They put some serious work hours on them at the campsite, but finishing touches continued on the road over several stops.

They used critical-thinking skills, imagination, and creativity, applying fine motor skills to make readjustments before floating their creations again. This STEM activity set the stage for water-safety chats as well as recycling and re-using discussions.

Their homemade boats were the most played-with toys on our cross-Canada trip.

6. Let the kids help set up camp

On our 64 days on the road, the kids were involved in setting up camp. My oldest would help with the tent because I couldn't put it up by myself. Even the youngest carried her sleeping bag and mattress to the tent and set up her own sleeping zone.

I often keep several kettles handy and send the kids for water runs on arrival. They spend endless hours running to and from the tap and strengthening their bodies from carrying small water loads.

On the mornings before we hit the road again, the kids stuff their own sleeping bags, tidy their things, and help with the takedown and reloading of the van. There are many strides taken from the tent to the van carrying loads. Trust me, they don't always want to do this, but this routine was set early, and they have gained a sense of responsibility, a feeling of helping out, as well as confidence in their own camping skills.

Although this keeps them active before setting out again, I will readily admit that anytime we're camping, the kids don't need much encouragement to keep moving—they just do.

Summer Adventures

How to Create a Summer Bucket List

Contributed by: Run Wild My Child

As the warm, sun-kissed days of summer approach, it's the perfect time to start thinking about and planning a summer filled with outdoor adventures that will forge lasting family memories!

If you want to escape the confines of indoor routines and embrace the wonders of the great outdoors, we highly encourage you to make a SUMMER BUCKET LIST!

A summer bucket list is a collection of activities, experiences, and goals you and your family want to accomplish during the summer. It's a tangible way to create a roadmap of adventures, both big and small, that will make the most of the season!

Creating a summer bucket list with your kids encourages quality time spent together, away from screens and distractions, and enables you to discover new places, try new activities, and explore the beauty of nature together.

Your family summer bucket list could include:

- ★ 1-2 big summer adventures
- ★ 6-10 "can't do summer without" type activities
- ★ 1-2 ongoing home-based activities
- ★ 1-2 places to visit in your community
- ★ 4-8 challenges

Do you make seasonal bucket lists? What's on your summer bucket list?



Credit: Chelsea's Messy Apron

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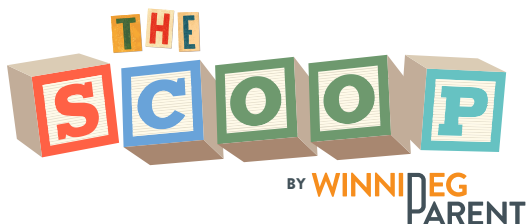


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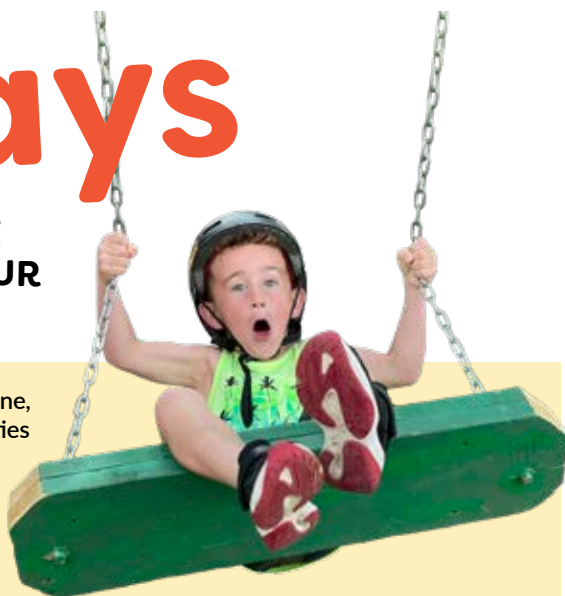
NEW E-NEWSLETTER MONTHLY!

7 Ways

TO FIND ADVENTURE AND ACTIVITY IN YOUR OWN BACKYARD

Summer months are full of sunshine, outdoor play and exciting activities ...and can be exhausting! Trying to keep your kids, and sometimes their friends, busy during summer vacation can be a full-time job.

Kari Svenneby, Active for Life contributor and mom of self-described 'outdoor kids' has some fantastic and fun suggestions, right in your own backyard!



1. Add water

Never underestimate the old fashioned fun you can have in your backyard with friends in your neighbourhood, and even on a balcony in a high-rise. Fill different sized buckets and containers with water and let the kids play with them for fun.

Water tag: Get the kids and yourself in swimsuits and let the play begin. Soak a sponge in water and decide who is going to be "it". They can even chase and throw the soggy sponge at other players to make them "it".

Kiddie pool: If you have a kiddie pool, it can be a great way to have some water fun in the backyard; splashing and having boats and toys floating in the pool.

Have a rain shower: Put on swimsuits on a warm rainy day and enjoy a rain shower.

2. Add dirt

Make a fairy garden with fairy houses: If you have fairy-lovers in your family, planting a garden complete with flowers and a fairy house is always a welcome addition to the backyard.

Make a mud pie kitchen: One of our most popular "attractions" in our garden is our mud pie kitchen. It can be done very simply with old kitchen utensils and bowls set up in a designated area in your garden.

3. Add sand

Have a spot for sand play in your backyard. Even on a balcony you can add sand in a big container and have a mini balcony sandbox. Simple, easy, and a must-have for outdoor play with toddlers.

4. Add loose parts

Rocks, shells, PVC pipes, pool noodles, and even bringing indoors toys outside add interest and create opportunities for creativity and movement. Rocks and shells are great for imaginary play and to use for fairy houses, mud pies, and sand castles. PVC pipes are excellent for pretend play but also for active play. Trust me, the kids will know how to use them.

5. Add a hiding spot

You don't have to have a playhouse for a hiding spot. Put up a tent or make a fort out of chairs or a cardboard box.

6. Add active transportation

Make sure bikes, roller skates, skateboards, and scooters are easily accessible for riding on areas safe from traffic. Let the older kids stretch their wings and get a group of them to ride together around the neighbourhood.

7. Add backyard toys

Make sure you have on hand a variety of balls, frisbees, a parachute, and hula hoops, and that they are easily accessible for spontaneous play. Put sidewalk chalk, paint brushes, watercolours, and soap bubbles in an easy to access place so your kids can get them whenever outdoor art inspiration visits.

Adventures don't have to be big to count as memorable for kids, as it starts in your own backyard and neighbourhood parks. Have a simply wonderful magic summer wherever you are.

Next Stop on the Road to Reading: Chapter Books!



By Jan Pierce, M.Ed.

Summer is a great time to take the next step in reading. It may be moving up a reading level, encouraging more reading by joining a summertime book club, or curling up and reading a book together.

This summer, it may be the perfect time to take the next steps on the road to reading by introducing your pre-teen to chapter books!

Once children master decoding, the unlocking of sounds into meaningful words and sentences, they are ready for a greater challenge. They want to join the world of "real readers" and that means tackling chapter books.

Early Chapter Books

Early chapter books are merely picture books with a few more words and a few less pictures. They are skinny books, and the chapters may have fewer than one hundred words. But the format is broken into chapters and that's good enough when a young reader is eager to learn and grow. There may be several characters to follow and a slightly more complex plot than in picture books. There will still be some pictures to support the understanding of the story line.

Kids love these books because they make them feel more grown up and they enjoy a sense of achievement. More good news is the fact that chapter books are wonderful ways to encourage younger children to enjoy read aloud stories. Children as young as three or four may enjoy rather difficult stories as they listen to you read. And once kids are hooked on books, their academic future is very bright, indeed.

Jam is a retired teacher and reading specialist. She specializes in parenting, education and family life. Find Jan at www.janpierce.net

Independent Reading

The key to introducing chapter books as independent reading is to track your child's reading skills and then introduce them as they're ready. Let them give you the cues and never force a too-difficult text on a child. Once they can decode (figure out the words) smoothly and understand the meaning, then it's time to introduce a book with more words and challenges.

Children love to identify with their chapter book characters. Girls will love Junie B. Jones or the American Girl characters while boys will love Nate the Great or Ellray Jakes. Early chapter books in series are a great way to become familiar with characters who go on exciting adventures. Books such as The Magic Treehouse series or The Boxcar Children are satisfying because the children already feel as if they know the characters and want to see what escapades they'll get up to this time.

Reluctant Readers

For children who aren't particularly motivated by reading, a great story filled with humor, adventure or daring-do may draw them in. I have seen eight year old boys grapple with fat volumes of Harry Potter books because they loved the story enough to persevere through some tough vocabulary.

And, finally, children will progress into chapter books with eight to ten pages per chapter and all the characters, plots and reading intrigue they can handle. Don't forget to expose your children to classic chapter books when they're ready for them. These classics have stood the test of time and still have much to offer our children of the twenty-first century.



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Water beads may pose life-threatening risks to young children

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

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TTY 204-784-4097

Reason to Live
<https://reasontolive.ca/>

Manitoba Suicide Prevention & Support Line
1-877-435-7170 (1-877-HELP170)

Klinik Sexual Assault Crisis Line
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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
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Counselling available in English and French.
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Summary

What to do: Water beads and products containing them should be kept out of sight and reach of children; if you suspect that your child has ingested a water bead, call the **Canadian Poison Centre** hotline at **1-844-POISON-X**

Issue

Health Canada is warning parents and caregivers about the risks of water beads. These tiny beads, also known as jelly beads, hydro orbs, crystal soil, sensory beads or orb beads, are water-absorbing gel beads that can grow up to 1,500 times their size when placed in water. Water beads can be very harmful if swallowed or put in the ears or nose. If ingested, water beads can continue to grow inside the body leading to potentially life-threatening injuries, such as intestinal or bowel obstruction.

Water beads can be found in a wide range of products that may be accessible to children, such as toys, art kits, stress balls, foot baths, vase fillers, and gardening products. They are also sold in their dehydrated form in individual containers. They may be promoted to parents and caregivers of young children, specifically for use in sensory bins.

Water beads are typically brightly coloured. This may lead young children or adults with cognitive impairment to mistake them for candy. These beads are also small, slippery, and bouncy, allowing them to roll away from their initial location. In several

incidents, children gained access to beads that had rolled to another area of the home and were overlooked during clean-up. In some reported cases, the beads had been purchased for, and used by, an older sibling, but a younger child was able to gain access to them. In other reported cases, young children gained access to water beads while at school or in childcare.

"Water beads can be found in a wide range of products that may be accessible to children, such as toys, art kits, stress balls, foot baths, vase fillers, and gardening products."

What parents and caregivers should do

- If you suspect that your child has ingested a water bead, call the **Canadian Poison Centre** hot line at **1-844-POISON-X**
- Monitor for symptoms, such as:
 - vomiting,
 - abdominal or chest pain,
 - abdominal swelling or soreness,
 - constipation,
 - lethargy,
 - drooling,
 - difficulty breathing or swallowing, and
 - loss of appetite.

- If water beads are placed in the nose or ear, seek medical intervention.
- Water beads should always be stored in an airtight container out of sight and reach of children, especially those under the age of five.
- It is recommended that caregivers of children under five avoid having water beads in their household or classroom, even if intended for an older child or adult use.
- If using water beads with children five and up, closely supervise their play.
- After using water beads, thoroughly clean the surrounding area and clean up any beads that may have rolled away. Check under furniture, toys and in adjoining rooms for water beads that may have rolled away from their initial location.

What Health Canada is doing

Health Canada is committed to helping protect people living in Canada from potentially dangerous consumer products. The Department is continuing its examination of the risks associated with water beads specifically to help protect young children. Health Canada regularly monitors consumer products on the Canadian market and will continue to investigate reports related to water beads to help keep consumers safe. The Department will also take enforcement actions at any time if there is reason to believe a consumer product poses a danger to human health or safety.

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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Remaining School Ready During Summer Break

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

Although all of our children need a break from the routine of school, that does not mean learning has to stop throughout the summer. One of my children attended Forest School through Fort Whyte Alive and it was very clear how much learning took place even though he was not in the classroom at any point in time. I have always shared with many that I would not want their education to interfere with their learning and that holds true for the time away from school. The depth and breadth of learning that can and needs to continue for our children throughout the summer is crucial for maintenance and as a way of preventing a lapse prior to the fall.

When learning any new skills or strengthening any part of your physical or mental self, consistency is key. If we take time off of aerobic exercise or any form of strength training, our muscles and body become atrophied and the time needed to recover and return to form takes even longer. Similarly, when we take any extended time away from our mental strength can often contribute to worries, concerns, and doubt going into the school year in September. As a way of preventing any form of concerns related to confidence, Anxiety, and fears about starting school after a long summer break, implement school skills in an informal way throughout the summer. I am not suggesting you need to sit down with your child every day for 45 minutes to ensure they are doing 200 Math

problems or reading 15 books in eight weeks, and writing elaborate essays. However, to ensure they can maintain their skillset from the year, think of alternative and creative ways you can integrate the content from the year in different ways. When taking them to the zoo, emphasize the learning that can go on beyond just looking at the animals. Use Math when baking and cooking. When building camp fires with your kids, have them count the number of logs they need, create Math-related equations with different types of wood so they can use their multiplication skills. Whether your child is reading at a basic level or a more sophisticated level, have them read ANYTHING that is of interest to them so the mind muscles involved in that activity can be maintained. Any time you go on some type of adventure with your children, have them read to you. If you are watching movies with them or TV shows, turn on the closed captions so they are reading as they are watching. The continued informal practice of reading will only enhance their writing. Therefore, have them type out or write a short weekly reflection on what each experience has been like for them throughout the summer.

Above all learning can continue throughout the summer, but more so needs to so that the school skills do not become atrophied and your children have the confidence they need going into the fall. Preventing the loss of a learned skillset will be crucial for their confidence and competence going into the school year. Keep summer exciting and learning along the way!

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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.cmvcanda.com or by emailing info@cmvcanda.com.

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**WINNIPEG
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How Walking Changed My Life

By Andrea Myshkowsky
Active for Life contributor

I was never much for sports in school, nor in my adult life, for that matter. I wasn't quite the last kid picked for team sports, but it usually came close. I found every excuse not to participate in gym class. I lasted four sessions when my parents signed me up for private tennis lessons and the thought of joining any kind of after-school sports teams sent a chill down my spine. I constantly felt out of place in the competitive atmosphere.

I found the camaraderie teens often sought in theatre and the arts. This continued into my grown-up life as I grew into an adult who enjoys more sedentary passions like reading, movies, cooking, and knitting. Gardening was about as active as things got, but my love of nature did produce a love of the great outdoors.

That's why, when my world was tipped upside down with the death of my mother, I turned to nature to grieve. I sought refuge in the sun on my face, the breeze in my hair, and the myriad sounds that nature has to offer. Tired of staring at my own backyard, I took to the streets and started walking.

At first, I just walked around our neighbourhood block. After a couple of weeks, I ventured further. I found myself escaping the sad memories of the 11 months I spent caring for my beloved mom by walking in nature. I renewed my membership to a local nature conservation area and walked the trails.

I roamed, I explored, and I hiked

I bought new running shoes. I took notice of the health tracking feature on my iPhone and started counting my steps. Soon, I was walking five times a week in the early mornings, burning calories and slowly shedding the veil of grief that often kept me bedridden. They say it takes 21 days to form a habit. I had done so and had the mileage tracked to prove it.

I found that I enjoyed passing by the homes of my neighbours and took note of what they planted in their gardens. I noticed home renovations and seasonal changes in decor. Over time, I started familiarizing myself with the same faces that also took to walking in the calm of the early-morning hours. I found myself greeting them with a smile and a polite "good morning," despite the feeling of melancholy that bathed my aching heart. They had no idea what I was going through, and nor I them. We were all just passers-by with agendas of our own. Some walked to maintain health, while others exercised their pets.

At first, I walked because it was easy. Now I walked with purpose. I walked so I would get out of bed in the morning. I walked to clear my head of all the unanswered questions that the pain in my heart knew would never be answered. I walked to take a mental break from the anguish of grief that had consumed me since the passing of the most important person in my life. I didn't break a sweat. I didn't have to. I simply walked for me.

If you've been contemplating exercise but are lacking the motivation to find the right fit for you, I highly recommend walking. Don't set yourself up for failure by joining a team you already know you won't show up for.

Start small. Ease into it. Here's how

I've included a few helpful tips that might assist you in getting started and staying committed to your exercise journey:

- Choose a preferred time of day and stick with it when possible
- Listen to music or a podcast to keep your energy up
- Invest in good running shoes
- Change up your route to keep from getting bored of the same scenery
- Join a walking club if you feel motivated by others
- Have an alternate plan for inclement weather such as a treadmill or a gym membership (Don't skip your routine just because of a little rain!)
- Invest in a tracking device to help track your progress. As you watch your progress grow, the more motivated you'll be to stick with your program

Some of these tips helped make me feel more accountable. For instance, I found walking first thing in the morning motivated me to start my day.

"Walking saved me during the most traumatic time in my life, and now I was addicted."

Once completed, I felt a sense of accomplishment that not only kept my spirits up but motivated me to get on with my day.

If it rained, I removed the laundry hanging from the treadmill and walked there, rather than forgoing it altogether because I had spent time creating this habit and didn't want to undo the work I'd put in. Feeling accountable increased my confidence and in time, I was walking in excess of five kilometres every day. In time, my grief started to ease.

I wasn't planning on running any marathons anytime soon—I simply walked for me because the benefits far outweighed the negatives and the pain in my heart had lessened. Walking saved me during the most traumatic time in my life, and now I was addicted.

Now my only agenda is to keep walking because both my mental health and I deserve it.



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Understanding The Importance Of Physical Literacy In Your Child's Development

By Nicholas Jones

The modern day understanding of the term physical education and the process in which it is implemented changes from year-to-year, however one term that has seemed to strike a chord is 'physical literacy.'

Physical literacy simply means a child's growth and understanding of the body alongside learning to develop and nurture a lifelong relationship with health and physical activity. The COVID-19 pandemic led to many social issues amongst children, with many having to relearn skills that had previously been taught due to periods of isolation from in-person education and socialising. Although necessary to help end the waves of sickness, it was the children that suffered the most from the learning gap, with many turning to online gaming with friends rather than interacting in the usual physical and active ways.

As a physical educator, I have seen the impact on the body and mind firsthand, with more students finding it difficult to walk with their feet straight or developing the hand-eye coordination and timing to be able to catch a ball. Some kids become so worked up that it has become easier for them to give up, which negatively impacts their mental and physical health. This is where physical literacy becomes so important.

Parents and educators can work together to create a positive environment for these basic life skills to flourish. Simple activities such as rolling a ball back and forth, going to the park and kicking a soccer ball or running around with your child and encouraging them to have fun in what they are doing can potentially be the difference between a child developing a positive association with a healthy lifestyle (motivation, confidence and physical competence) and them wanting to give up on physical activity, losing out on its known positive benefits on mental health and overall wellbeing.

Nicholas Jones is an educator of 10 years who specialises in Physical Education and is also the owner of Whitetail Sports Camps and Coaching

5 Lessons Learned From Building A Business With My Teenage Daughter

Heidi & daughter Sienna's business: Ruby Crate Curated boxes for girls 4-7



By Heidi Avery

Never in my wildest dreams did I think my teenage daughter would become my business partner. Three years ago, that is exactly what happened. During the early days of the pandemic, I was looking for things to keep my kids busy and happy due to the isolation they were facing. We wanted to buy a subscription box for my daughter Sienna, who was 13 at the time, but we struggled to find a suitable option in Canada.

That's when Ruby Crate was born. Sienna and I were already spending a lot of time at home together, so we decided to build an age-appropriate subscription box for tween and teen girls filled with treasures in the beauty, room décor, cool gadget and accessory categories. Now three years in, we've sold thousands of boxes and launched a mini version for girls aged four to seven and one for young women living away from home for the first time.

The journey has been so rewarding and I'm proud that we've built something together. We have a stronger relationship because of it. But we didn't get it all correct right off the bat. There were hurdles, struggles and challenges to overcome and I learned a lot about the resilience, creativity and the resourcefulness of kids along the way.

Here are five lessons I've learned from building a business with my teenage daughter:

1. Never underestimate your kid

Kids will amaze you with what they can do, and they can teach you a thing or two along the way. Sienna has taught me to be more fearless with social media. I've learned authenticity is key and overthinking it won't drive a different result. We're not taking ourselves too seriously, and it's become a great source of fun and creativity for us.

2. Kids can handle responsibility

Giving her responsibilities in the business has helped Sienna's confidence grow in major ways. I can see this most when she takes part in media interviews and speaks with potential new customers. She's now taking the lead, preparing talking points and confidently selling the business. She is also taking business classes and making plans to take over and grow the business when she's older.

3. It is ok to let them make mistakes

We started Ruby Crate with no road map. Building a business, like many new endeavours, involves a lot of initiative and risk. While we get a lot of things right, making mistakes is part of the learning process. If my kids see me 'fail' and try again, they know they can too. If Sienna is struggling, I've learned to ask questions to help her discover her own solution, rather than fixing

it for her. Letting kids fail builds resilience, critical thinking and problem solving skills. Plus, the success in the end is all the more rewarding because they know they can handle the challenges life might throw at them and have the capability to solve them.

"The journey has been so rewarding and I'm proud that we've built something together. We have a stronger relationship because of it."

4. Kids have valuable ideas

Trusting Sienna's opinion and ideas have been paramount to our success. She encourages me to think differently and consider new perspectives. As a teenager, she is our target demographic and we embrace that in every aspect of Ruby Crate from the branding to the product selection to the marketing. She holds focus groups with her friends to determine what girls want and need, and the issues they're facing. They take it upon themselves to make sure they're focusing on a variety of interests that young people have to ensure we are including something for everyone. It's rewarding to see the level of careful consideration she puts into the business.

5. Make time for fun

Building a business is time consuming and a lot of work. We spend a lot of time collaborating, brainstorming and packaging the boxes and it has definitely strengthened our relationship. We've had some really incredible experiences together from being featured at New York Fashion Week to product sourcing at trade shows. But what has really brought us closer, is taking time out to have fun both on and off the job.

Most parents will never start a business with their kids. It wasn't something I planned for. Seeing my daughter mature, embrace responsibility, develop important life skills and have her confidence skyrocket is the most rewarding experience I've ever had. If you're considering a major project with your kid, why not jump in with both feet and enjoy the adventure. I guarantee you'll both learn a lot about yourselves and each other.

4 Reasons Tweens And Teens Drop Out Of Sports—And What To Do About It



By Susan Scandiffio
Active for Life contributor

Every kid is different. Some like apples, some hate broccoli. Some like to dig for worms, and some wouldn't dream of getting their hands dirty.

And some, while super-active as younger children, need a bit more encouragement to keep active in their tween and teen years.

Data from Statistics Canada reveals that almost 70 percent of kids over the age of 12 don't meet the minimum recommended healthy movement guidelines, and girls are half as likely as boys to remain active into their teen years.

But why are so many kids dropping out of sport and physically active pursuits early in their teenage years?

1. Burnout

The most effective way to prevent burnout is to introduce your kids to a variety of physical activities from a young age, not just sports, and let them choose which activities and sports they'd like to do at different times of the year.

When a child focuses on one activity or sport too early, they may grow bored and even physically exhausted.

The best thing for a burned-out tween or teen is to scale back to create a more manageable schedule, and focus on having enjoyable sport experiences. Talk to your teens about what activities they would like to do and about the importance of keeping up (or restarting) their active lifestyle.

2. Social life

Tweens and teens can't wait to spend time with their friends at sleepovers, "chilling" in someone's backyard, or hanging out at the mall, checking out each other's clothes and people-watching. Practices, away tournaments, and games don't always fit into this new social lifestyle, and many teens feel that they have to choose one over the other. Often, it's the social life that teens prioritize.

Before kids hit their tween years, it's important that they understand the importance of a schedule that balances school, homework, family time, friend time, and physical activity.

"...almost 70 percent of kids over the age of 12 don't meet the minimum recommended healthy movement guidelines..."

3. Puberty concerns

This is the age of acne, zits, body odour, sweat, and growing pains. Not to mention the raging hormones, making tweens and teens feeling like their moods can swing at a moment's notice.

With growth spurts coming at different times during these years, some kids feel like they're being left behind. Some may worry they are not able to keep up, or may feel awkward if they're shorter or taller than their peers.

For girls, getting their periods and developing breasts can cause discomfort, embarrassment, and may lead them to withdraw from sport participation.

It's not surprising that many kids step away from sports due to a change in confidence levels and body image. It's important to speak with your kids before puberty hits so that they're not terror-stricken and completely unaware of what's coming.

Discuss the fact that changes will be happening to their bodies and what those changes will be. If you haven't had a chance to chat with your teen about the impact that puberty can have on their sports participation, it's not too late!

4. Co-ed activities

Some girls find it discouraging to be involved in activities with boys due to factors like being sweaty or finding boys to be more competitive.

And many boys find it just as embarrassing to be sweaty and awkward in front of girls.

For both boys and girls, encourage them to pack deodorant or antiperspirant in their school bag. It's a simple solution to a whole lot of sweat and body odour issues, and a way to counter their possible feelings of embarrassment.

Overall, the tween and teen years are difficult to navigate. By giving kids guidance and freedom to make some of their own decisions, it is possible to bring those who have left sports back to the active lifestyle they once had.

Reach Thousands of Families in our Upcoming Publications & Digital Newsletters:

PRINT ISSUE SCHEDULE

August/September:

Back to School

Deadline: July 26th

Distribution: August 12nd

October/November: Autumn

Deadline: September 27th

Distribution: October 7th

DIGITAL NEWSLETTERS

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

Sept Deadline: Sept 8th
E-Blast: Sept 12th

Oct Deadline: Oct 13th
E-Blast: Oct 17th



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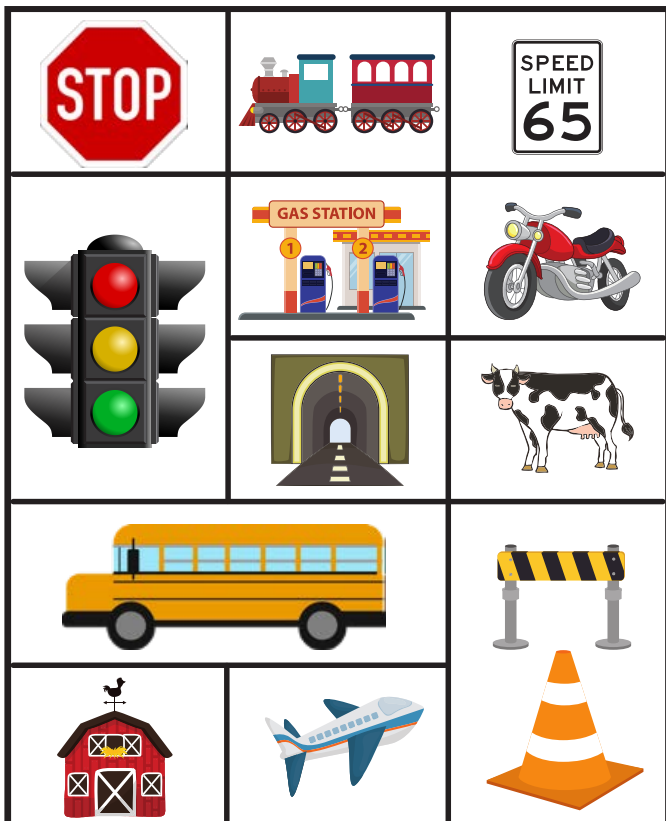
SUMMER Scavenger Hunts

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Beach Scavenger Hunt



Road Trip Scavenger Hunt



SUMMER Parent Puzzler

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N G F O O T B A L L S P U U O Q G C
R C L E A R L A K E B I K E S G R A
M B Y T P S C H O O L S O U T G A M
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O P O P S I C L E S F I S H I N G C
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Find the following words in the puzzle. Words are hidden → ↓ and ↘ .

- | | | |
|------------|------------|----------------|
| BARBEQUE | FOOTBALL | SCHOOLS OUT |
| BEACH BALL | FRIENDS | STRAWBERRIES |
| BIKES | GARDEN | TRAVEL |
| CAMPING | GRADUATION | VACATION |
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Make the Best (AND EASIEST) Block Tower Décor

If you are looking for something easy and impactful for a baby show, a birthday party or any celebration, this is it!



What You Need

- Large square boxes
- Paint – use what you have at home. It's a great way to get rid of that excess paint you have sitting around.
- Large sheets of craft paper
- Stencil or free hand
- Glue or double-sided tape

First:

Paint or colour the boxes.
(We only did 3 sides to save time!)

Next:

Cut out your letters on the craft paper.
(We used different colours for some fun)
If you are using a stencil and painting on the boxes, wait until the boxes dry!

Then:

Glue the letters to the boxes

Finally:

Stack them however works for you!

Other Suggestions

- You could use pictures, letters or numbers
- To cover the boxes the options are endless – tissue, wallpaper, craft paper or anything you have around the house

Use your imagination and have fun! I promise the impact of that special person walking in the room is worth it (it made my sister cry... mission accomplished 😊)

Cool Summer Reads

Check out these books suggested by Active for Life – to encourage physical activity through the summer months!

Grade-schoolers (ages 5 to 10)

Swim Team by Johnnie Christmas



Bree's greatest fear is swimming. But on the first day at her new middle school, she's stuck with the only elective that fits her schedule: swim 101. Kids will love this graphic novel and relate to Bree, who learns to face her fears and dive in. Grab your bathing suits and get ready to go swimming, because your kids will want to hit the pool. Either that or they'll be inspired to keep working on something that's been challenging for them, whether it's riding a two-wheeler, joining a team sport, or jumping off the diving board.

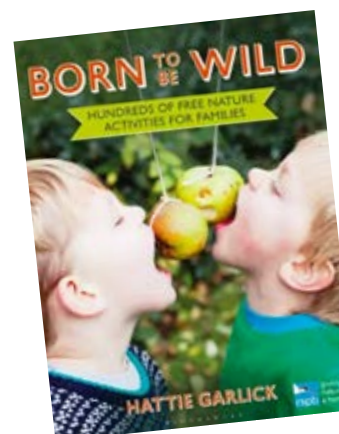
Tweens and teens (ages 10+)

A Sporting Chance by Lori Alexander

This stunning book is a great choice for both younger audiences and older ones, helping them learn more about accessibility and inclusivity in sport. It tells the story of Ludwig Guttman, founder of the Paralympic Games. With plenty of photos to keep readers engaged, as well as interesting facts, surprising information, and athletes' life stories, the whole family will find this to be a riveting read.



Family Read & Play Together



Born To Be Wild: Hundreds of Free Nature Activities for Families by Hattie Garlick

As they thumb through this book, kids will immediately be inspired to head outdoors and try something fun (think seasonal crafts and science projects, like making a cloud or a mandala). The beautiful pictures will inspire parents too, without having to check your Pinterest board.



SOCCER DAY CAMPS

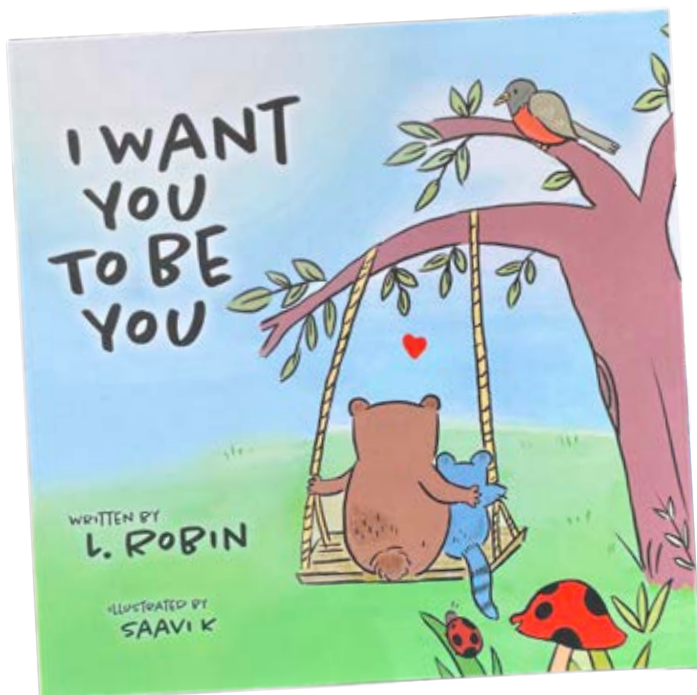
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WINNIPEG PARENT

BOOK SELECTION OF THE MONTH



"We loved this book!"

- Review by Sully (1.5 years of age) and Mom Chelsey

I Want You To Be You by L. Robin

We are just starting to explore and describe our feelings and I Want To Be You was the perfect read-out-loud book for us. We read it in funny voices and as different people and it got a lot of giggles.

We took it one page at a time, very slowly and were able to think about 'feelings' and come up with other examples. I feel we could read it over and over and always come up with different ideas about our feelings.

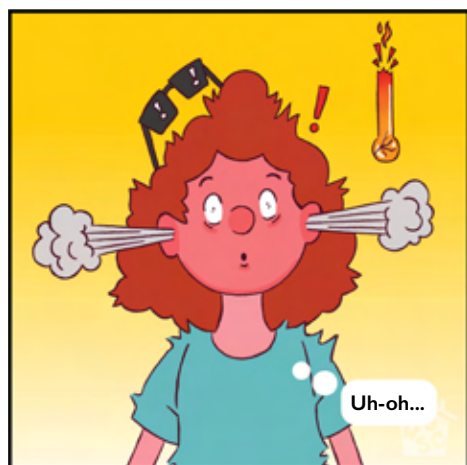
It's a fun book, with very sweet pictures that we would recommend for sure.



About The Author:

L. Robin has been an educator for almost two decades and has her B.P.E., B.Ed., M.Ed., and P.B.D.E. She became a mother in 2012 and her children are her source of inspiration for most aspects of her life - including this book! She is thankful to have always been very close to her family, and her core beliefs are heavily rooted in the importance of those connections. She is a daughter, a sister, an aunt, a niece, a cousin, a wife, a friend, and - her most valued role - a mother.

WILLOW STREET CLUB by JUSTIN ROBIN



Get Your Summer Read On

À vos marques, prêts, lisez



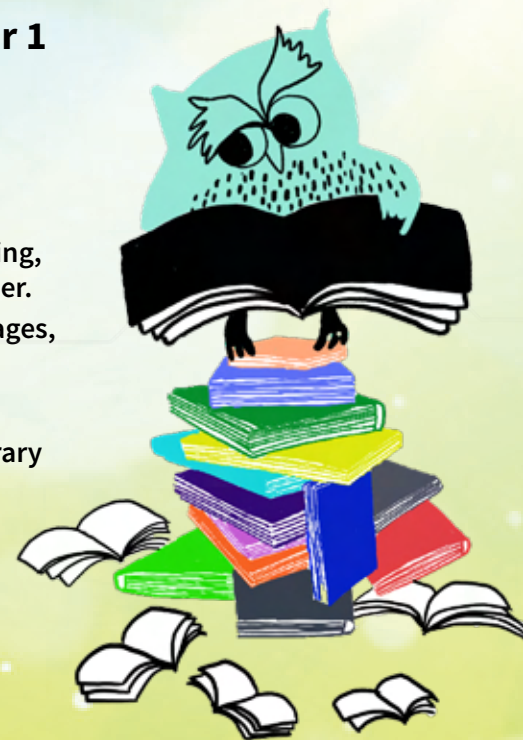
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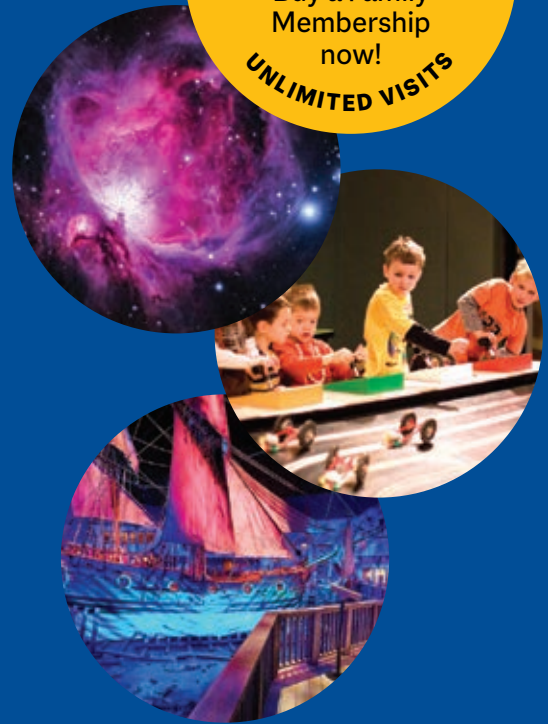
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