

WINNIPEG PARENT

**The Importance
of Routine**

*When Heading Back
to School!*

**FOAM
PARTIES**

*Are For Kids
Big And Small!*

**TOP
5**

*Quick and easy
lunch ideas!*

**THE BACK-TO-
SCHOOL ISSUE!**

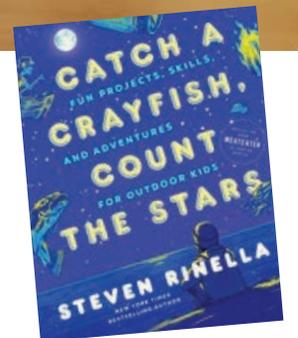
**SCREEN-FREE
ROAD TRIP
IDEAS FOR KIDS**

West Nile Virus

*What You Need To Know
To Protect Yourself
And Your Family*

CELEBRATING
30
YEARS
OF PUBLISHING
IN 2023

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



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A hhhh.... August. Then September! This month is a crazy, fun and hectic month for my family. My sisters from Alberta come for the August Long weekend. Then stay for a while! It's a month of birthday parties, visiting, lots of cousins, kids and fun fun fun! I always tell everyone, my sisters and nephews come in and take over my life for the month – I will see you in September!

After a month of craziness, September, back-to-school and routine hit like a giant wave and we are swooped up into a schedule of getting up and going to bed on time, and so the school year begins.

In this issue of Winnipeg Parent, you will find fun ways to make the most of your last month of summer vacation. Visit our fantastic museums, add pizzazz to a summer party. If you are taking a summer road trip, we have suggestions on how to cut out screen time. Then, read how to ease your family back into a schedule again and be back-to-school ready with lunch suggestions, and more!

Enjoy all August has in store for you and your family and embrace the routine of September!

Dana



On the Cover: Students raise their hands in class.

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The Importance of Routine When Returning to School

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



A lot of us are creatures of habit, both as children and as adults. Once we establish routines for ourselves, it is often hard to rival those patterns, especially when they work for efficiency, friendships, and maximizing our school or work day. Although summer can be a lot of fun because there is less structure, less routine, and later nights. However, returning to school in the early stages of the fall means resuming routines to help quell what appears to be an onslaught of higher levels of Anxiety for our children. Thus, when thinking about your children returning to school, start preparing them for routines prior to the beginning (e.g., last 10 days of summer), rather than waiting for heavier workloads. The school year tends to start slower as the teachers and students readjust to the need for structure. Therefore, to help your children feel more relaxed and more in control of the significant change from summer, start preparing them for what they can control.

Begin by re-establishing proper bedtimes, routine lunch and dinner times, and if they are not involved in any out of school activities (yet), create the routine of some form of activity around the same time that they will or would have activities in the fall. The more preparation you can engage in with them prior to or in the early stages of the school year, the less anxious they will likely be because they can control how

they use their time. Once the structure of school begins throughout much of September have your children verbally express their routines in the order they feel will work best for them. Regardless of how old your children are, they will benefit from having an established healthy routine.

It will still be helpful to create some spontaneity in the latter parts of September and October, but by creating structure early, they will be more ready to take on the challenges that emerge with transitioning to school. It is easy to assume that most children will adjust, but some take far longer than others and thus need more of that direct attention paid to re-establishing specific habits. They are already going to start feeling emergent stress by October, why not prepare them to be more relaxed and be able to cope in healthier way? Do not wait for the stress and Anxiety to come their way, prevent it with routine so the negative effects are less.

It's Time To Think About Being Back to School Ready!

By Nicholas Jones & Erin Labar

A big part of the back-to-school frenzy is combing the usual list of required items — pens, pencils, notebooks, you know the drill — and then hitting the stores, sometimes multiple ones, to source everything. If you have any room in the school-supply budget left after all the necessary items have been purchased, here's a few unconventional extras you may want to toss in your kid's backpack this semester.

1. Hand sanitizer

The only thing kids bring home more often than homework is germs, plus the September back-to-school season coincides perfectly with cold and flu season. So, be proactive and sneak a bottle of sanitizer in your child's bag to try and at least delay the inevitable illnesses that are coming. But remember to choose one that is scent-free, as most schools have a no-scent policy.

2. Reusable water bottle

As a teacher, there have been plenty of instances of my students coming to school with only a beverage for their lunch (milk or juice) but not a bottle for water. Of course, they can access drinking fountains at their school, but it's nice to have the reusable bottle to fill for before and after school, as well as during the lunch hour, to make sure they're staying hydrated.

3. Power bank

This one applies mostly for slightly older students who may be bringing a phone to school. Those kids are also likely going to activities after school (or hanging out with friends) and are using their phones all day, draining the battery. To make sure you can get a hold of them when you need to, toss a power bank in their bag so they can keep their phone charged up all day. Power banks are relatively inexpensive and could really come in clutch during an emergency. Now, getting them to remember to charge the power bank is another story...

4. Reusable plastic baggies

Reusable storage bags are cheap to buy, so incredibly handy and better for the environment than disposable ones. Most of them are made of a silicon-ish material which makes them water resistant, so if your child is very young and has an accident at school, or they have a water day, for example, and their clothes get wet, they have a place to store them until they go home. Lose a tooth? Toss in a baggie. Get a homework assignment that has small pieces? Toss it in a baggie. Need to bring some money to school for a book fair or special lunch? Toss it in a baggie — you get the idea.



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– Kristin Koehler

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Back to School Lunches

Quick Tips to Help You Simplify the Process



By Janine LaForte
Registered Dietician

Back to school means parents are once again faced with the often-dreaded task of packing school lunches! I have yet to meet a parent who loves making lunches.

It's challenging to create meals that are both nutritious and appealing to our kids tastes. However, with a little planning and creativity, you will be able to navigate the school lunch routine with ease.

Following are some quick tips to help you simplify the process

- **Repetition is okay if your child is happy eating the same lunch every day.** You could consider changing up the fruit or veggie. Focus on offering variety when they are at home.
- **Get kids involved.** Give them age-appropriate task. They will be more likely eat what is packed and it will ease your burden. Eventually, they'll be doing it all on their own.
- **Send them foods you know they will eat.** Kids need energy to get them through their busy school day. This is not the time to challenge their taste buds with a kale and quinoa salad. Include some nutrient dense foods you know they love and send a treat for fun.
- **Plan and prep ahead.** Consider making a batch of muffins or energy bites on the weekend or pre-chopping veggies for lunches. You can also start a habit of making lunches the night before school to ease the morning rush.

Here are my Top 5 Quick and Easy Lunch Ideas.

Consider these ideas for your own lunch to save time and keep yourself feeling your best.

1. Breakfast for lunch

- Dry cereal in a plastic container with a lid and some milk in a thermos.
- French toast, pancakes or waffles with a side of berries and syrup.
- Oatmeal with all the fixings (ie. fruit, nuts/seeds, milk, yogurt, etc).
- Layer Greek yogurt and fruit in a container and serve granola on the side.

2. Quesadilla:

- Fill a soft tortilla with shredded cheese, veggies, cooked meat, beans, etc. Fold over and microwave or bake until cheese is melted. Serve with salsa, sour cream or plain yogurt and guacamole if available.

3. Homemade 'Lunchables'

- Pack a selection of meat, cheese, crackers, pretzels, mini-muffins, bite-sized fruit and veggies, and a small treat.

4. Wraps

- Hummus and veggies.
- Cream cheese, shredded cheese, veggies and everything bagel seasoning.
- Tuna or egg salad.
- Leftover wrap - cooked meat and veggies, or taco fillings.
- Deli meat, cheese and lettuce.

5. Eggs for lunch

- Boil eggs at the beginning of the week to include in lunches all week long.
- Microwaved scrambled eggs - add diced veggies and serve on an English muffin with cheese.

A final tip for worried parents: it's ok if your child does not eat all their lunch. Do some investigating to determine why. Then worry-not! They'll usually make up for it during their meals and snacks at home.

Packing nutritious and appealing school lunches doesn't have to feel like a chore. Follow these tips, involve your children, and embrace simplicity for a streamlined lunch-packing routine with little stress. Hang in there, you got this!

I'm Janine LaForte. A proud Winnipegger, a Registered Dietitian of 23 years and a busy mom of 3 teens. Through my business, Real Life Nutrition, I specialize in helping families overcome mealtime challenges and get nutritious meals on the table without the stress or spending hours in the kitchen.

Here's where to get more info or support:

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Email: janine@reallifenutrition.ca
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*Remember: services from registered dietitians are often covered by private insurance - or benefits programs.



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Dyslexia & My Children: A Personal Testimony

By Cheryl Hoffmann
Director of KC Dyslexic Learning Centre

Going back to school has always been difficult for our family, both of my children have been diagnosed with Dyslexia...yay...I knew there was a reason why they struggled. We finally knew how to help improve their literacy BUT it meant there was a lot of coordination between student services, teachers, myself and my kids.

Summers are always a time to decompress...for all of us. No extra curricular activities, getting up on time for school, and best of all for my kids... no school. The pressure of having to be in a class where they always felt behind, had to do their assignments with more time or pulled out with an EA so they could have quiet space and/or a scribe, have all their classmates know that they were 'different' and be ok with it all.

Trust me, this wasn't and still isn't smooth sailing. We all have our ups and downs when it comes to having the emotional ability to deal with it all. I always think, "summer will give me the time to rejuvenate, fill my cup, relax". Yeah right, we tend to find ourselves busier than ever just keeping up with summer fun, making sure we enjoy our time off, or just the daily hustle of work, food, happy kids, house chores repeat.

Knowing that I have a strong team behind me has really helped reduce the stress and anxiety

"...I didn't know that I was allowed to ask for what she needed..."

I feel when school starts. Open communication with school, knowing who to connect with before school starts and making sure our agreed plans are in place before my son starts his first day at school has worked for starting the year out right.

This was not the case for my older daughter, I didn't know that I was allowed to ask for what she needed beforehand. Being her mother taught me how important it was to advocate for her. For her to know that I was there to assist her during her academic journey, help her voice her needs and that it is ok to ask for help. I am so very proud of her, from a child that was diagnosed in Grade 6 and was done with school, went on to graduate from High School, received her Hairstyling Certificate, graduated from Red River College and now starting her own business.

We didn't do it on our own. It takes a village to raise our children, don't be afraid to ask for help as we are all willing to work together for our children to be successful...they are our future.

I am hoping that How to: Start your accommodation process for your dyslexic child will help you as much as it has helped my family to get started on asking for what our children need at school to have a chance to be successful and happy at school.

Why Self-Care Isn't Selfish

By Emily Gold
Yoga Therapist & Teachers, Doula, Public Health Specialist, ActiveForLife Contributor

Self-care seems to be all the rage these days, with magazines, blogs, and celebrities extolling the benefits of massages, week-long cleanses, and yoga retreats. And while these things are all amazing, they obviously aren't very realistically attainable for most parents.

As parents, we are often given contradictory messaging about the importance of self-care contrasted with how much we should enjoy and savour every single moment of being with our families. But it's important to remember that self-care isn't selfish. Instead, think of the safety instructions on any airplane: You need to put on your own oxygen mask before you can help others.

While it can sometimes seem that self-care is unattainable or even an additional stressful thing on our to-do lists, it doesn't need to be this way. Self-care can be defined as anything that makes you feel good in a generally healthy way. Here are some of my favourite parent-accessible ways to care for yourself when you're feeling overwhelmed.

Get moving

Anything that gets your heart rate up is good for you. This doesn't need to be a two-hour trip to the gym. Doing just 30 minutes of cardio can be great. YouTube is abound with videos and there are even kid-friendly ones if your self-care still involves childcare. Choosing to move brings great healing powers!

Continues on next page »

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Why Self-Care Isn't Selfish Cont. from previous page

Enjoy nature

The importance of nature in caring for yourself can't be understated. Studies have shown that time in nature has many mental and physical health benefits including lower rates of stress and better sleep.

Do some yoga

I know I'm biased here, but as a yoga therapist I'm a big believer in the power of yoga for self-care. One reason is the diversity of yoga. When I'm feeling low and rundown, I know a powerful yoga practice can help elevate my mood and energy. When I'm tired or need relaxation, I know the power of a restful practice. And when I'm in need of focused attention, I know I can turn to my meditation practice. YouTube is abound with amazing yoga classes and apps such as InsightTimer and Calm offer meditation practices for all levels, including many under five minutes long.

Take five minutes

If you are feeling too tired or overwhelmed to practice self-care, try giving yourself five minutes of movement! Five minutes of movement is almost always enough time to get our nervous system recalibrated out of a stress response. If after five minutes you really don't want to be doing your activity anymore, you can just stop.

And sometimes getting things done IS self-care

We think of self-care as bubble baths, yoga, and smoothie bowls but sometimes getting the time to knock something off your to-do list is the best self-care. There is no shame in chores being self-care if it makes you feel better. And it can often help your family!

Self-care can also take the form of simply treating yourself kindly

Treat yourself with kindness by keeping a gratitude journal. Beginning or ending the day by reflecting on all you're thankful for can be reassuring and uplifting, especially if you take the time to thank yourself for all you've done. You may also consider adopting a mantra, something simple like "I am enough" or "I've got this" to be repeated before bed, when you wake up, and whenever you face a particular challenge.

Finally, don't forget the power of your breath

Sometimes one mindful breath can make all the difference in the world. I encourage you to try it right now. Take a deep breath into your belly and let it out slowly—4, 3, 2, 1. If that felt good, do it again! The breath is always in the present moment and if things are feeling overwhelming or unmanageable, coming back to the breath is a quick way to come back to yourself.

Taking care of yourself is essential. After all, you can't pour from an empty cup. Yet, as a parent, it can often feel like more of a chore than a treat. Thinking of self-care not as something that happens only when "everything else" gets done, but as an essential part of your day, and making it something that can be achieved with limited time and space, can make it more accessible.

WEST NILE VIRUS

What you need to know to protect yourself and your family

What are the symptoms?

- A severe case of West Nile virus (WNV) can be life-threatening and may result in long-term disability.
- Some people develop an illness with symptoms such as fever, rash, headache, fatigue and body aches.
- Most people infected with WNV have no symptoms and do not become ill.

Who is at risk?

- Everyone is at risk of coming into contact with the virus.
- Severe illness most often occurs among older adults or people with chronic health conditions or weakened immune systems. However, severe illness has occurred in all age groups.

When is the risk highest?

- The risk of WNV infection is highest during late June, July, August and early September.
- The risk varies from year to year based on temperature, precipitation, mosquito population and other factors.

How do I protect against WNV?

- Reduce the time you spend outside between dusk and dawn.
- Apply an appropriate mosquito repellent.
- Wear light-coloured, loose-fitting clothing with long sleeves and pant legs.
- Get rid of standing water around your home.
- Make sure your door and window screens fit tightly and are free of holes.



For more information, visit our website at manitoba.ca/health/wnv. For questions about WNV health concerns, contact your doctor or call Health Links – Info Santé at 204-788-8200 (in Winnipeg); toll-free 1-888-315-9257.

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Manitoba Suicide Prevention & Support Line
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Klinik Sexual Assault Crisis Line
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LOOK OUT

This Back-to-School Season!



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.



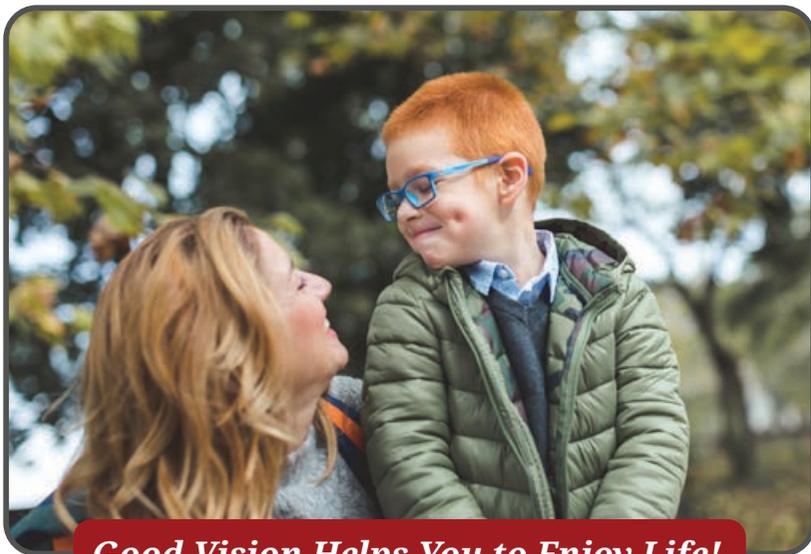
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Back to School Prep – Are You Missing Something?



By Dr. Matthew Anderson
Grand Vision Institute

It is hard to believe, but another school year is about to start! While your children are concerned about what to wear, school supplies like iPads, and laptops, it is the parents' job to ensure that their children begin the year with all their supplies. Unfortunately, most parents miss one key school supply: how well your child sees throughout the school day can have a huge impact on academic performance and behavior in the classroom and an eye exam is often not on the back-to-school checklist.

Why does your child need an eye exam and not a vision screening? Vision screenings typically test to see how well your child can see the letters on the eye chart, and if the child passes this test, vision is incorrectly determined to be fine. Most people do not realize that all 20/20 means is that you are looking at the eye chart from a distance of 20 feet and you are able to see the size of letter you are supposed to see from 20 feet. That's it!

If you think about it for a minute: Where does a child do most of his or her learning? Most reading, writing, homework, and test taking is done up close (one may see well at distance, but not see properly at 16 inches in front of them, which is the recommended reading distance).

So, what are some of the skills that are missed if we only look at distance vision, and only check if someone sees "20/20"? When we are reading, we need to be able to:

- Follow a line of print from left to right
- See the letters clearly as our eyes are moving
- Move from line to line effortlessly and accurately

In the classroom, we need to be able to look at our materials on our desk and quickly focus on the teacher's writing on the board so we can copy it back to our notes. In addition, we need to be able to do this all day! If any of these visual skills are missing or deficient, reading and learning will be difficult.

Secondly, it is important to understand that children do not know how they are supposed to see so they rarely complain when they have difficulty seeing the words on the page. Therefore, it becomes critical that you are aware of some of the most obvious signs that indicate that a child could have a visual problem, including:

- Poor concentration, comprehension, or attention span
- Fatigue
- Squinting
- Complaints of double vision or blurring
- Loses place while reading
- Avoids close work
- Rubs eyes or blinks a great deal while reading
- Nausea, dizziness, and/or headaches after close work
- Reverses letters or words in reading and writing
- Omits small words or makes substitutions while reading
- Clumsiness on the playing field, when ordinarily well-coordinated
- Homework takes FOREVER when it shouldn't

If your child has any of the above signs, it means there is a possibility that he or she has an eye coordination or eye tracking problem that is interfering with academic success.

For children who are performing well in school, a yearly eye exam is important. However, if your child struggles with reading, is smart in everything but school or is a bright underachiever, you need to make sure your child has all the visual skills required for academic success. To do this you need an in-depth binocular vision evaluation by a developmental optometrist. To find one near you visit: www.visiontherapycanada.com

Dr. Matthew Anderson provides vision care for the entire family and also provides specialized services in the diagnosis and treatment of vision problems that interfere with reading and learning. Dr. Anderson is a popular speaker with parents and professional groups and may be reached at (204) 633-5566. For more information visit his website: www.grandvisioninstitute.com

Screen-Free Road Trip Ideas For Kids



By Sara Lesire
Civil engineer, outdoor-loving, mom of two,
Run Wild My Child contributor

Summertime means vacations, road trips, and the inevitable chorus of “are we there yet?” Indeed, spending long car rides with kids can be hard and children, especially younger ones, often tend to get bored quickly. This can lead to children spending a lot of time in front of a screen, which is not ideal for anyone on a road trip. Children will not remember the drive day adventures if they are playing tablet games or watching a movie. Road trips with kids can be wonderful opportunities for children to explore new activities, see and learn new things, and play time-tested road trip games.

Here are some great car ride, screen-free ideas:

Road trip surprise boxes

THE SURPRISE BOX! Each and every road trip, my kids always look forward to seeing what is in

their “surprise box.” The boxes are just lunchboxes I found at a garage sale. Each long trip I fill them with inexpensive trinkets and toys from garage sales, Dollar Tree, or things I find on clearance. This is always a hit, because the contents are new to my kids, making each item or activity that much more exciting. I also add in some snacks and special sweet treats.

Keep little hands busy

FINE MOTOR CONTROL GAMES: Use an empty can with a lid such as oatmeal or a whipped topping container. Cut in some holes in the lid just large enough for kids to push pom poms through.

PIPE CLEANERS: These are so simple but so much fun for kids. See what shapes they can make with them or what sort of creation they can make by bending them in different ways.

FIDGET TOYS: Any kid (or adult) that loves popping packing bubbles will enjoy.

MAGNETIC TOYS: Our kids enjoy the challenge of making different shapes using a magnetic tangram set or making funny faces with this fun kit. You can also grab a cheap dollar store cookie sheet and bring along alphabet magnets or magnetic tiles that you probably already have around the house.

WATER PAINTING: Melissa and Doug created a hit with their Water Wow books. Kids will love the easy painting while parents love that they are mess-free. Even if they happen to leak or spill, the amount of water is pretty small. Hold them up to the air vents in the car for a quicker drying time.

Play car games

There are so many great games that the whole family can enjoy together. Most of these ideas can be adapted for a variety of ages. Even better, most of them require no prep.

COUNTING GAME: Pick an item to keep track of and then count them together. For example, count the number of red cars or the number of barns, train crossings, or speed limit signs.

ASK QUESTIONS: Have everyone take turn asking a question such as everyone's favorite ice cream, or a place they want to visit someday.

WHEN I GO: The first person starts off with “When I go to (destination name) I am bringing a (an object, the sillier the better.) Then the next person repeats the phrase and adds on another item. For example: When I go to Florida, I am bringing a flamingo, a picnic basket, an umbrella, and a guitar. See how long you can keep it going.

TRAVEL GAMES: Magnetic and travel-sized versions of classic games like Bingo, Trouble and Yahtzee. A deck of cards is fun for all ages.

Plan kid-friendly stops

Finally - Make the stops fun! One final easy way to keep kids from becoming restless on long trips is to break up the journey with some fun stops and small adventures!

BIGGEST TAKE-AWAY: Make the car ride a part of the trip, not just getting to your vacation destination!



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Active and Accessible Fun For Kids With Disabilities



By Lisa Thornbury
Active for Life Contributor

Being active outside is essential for our mental and physical well-being. However, it can be difficult to find suitable activities for kids with disabilities.

Common obstacles include accessibility and safety, finding adaptive equipment, and financial barriers. But here are a few ways to eliminate these hurdles so you and your kids can get outside for an active and inclusive summer.

Inclusive playgrounds

Accessible beaches

Ever tried pushing a wheelchair through sand? Impossible. Accessible beaches make it easier (and more enjoyable) for everyone.

Beach access mats or walkways allow families who use mobility devices to enjoy the total beach experience. And the number of accessible Canadian beaches, outdoor pools, and marinas continues to grow. Grand Beach now provides beach-friendly accesses for those in wheelchairs.

Accessible trails

A smooth trail makes it possible for you and your kids to take a walk-through nature. Flat, wide paths ensure those with mobility aids can safely enjoy a stroll or a roll in the fresh air.

There are many accessible trails if you are vacationing throughout Canada. Here in Manitoba, the Ominnik Marsh Trail in Riding Mountain National Park is a scenic 1.9 km boardwalk

From bulrushes to beavers, Ominnik Marsh has it all! Listen to the marsh come alive as you follow along the floating boardwalk. Explore deeper and visit Friends of Riding Mountain to rent a Marsh Kit.

Tips and tricks for when you're staying close to home

Venturing too far from home can be daunting for some families. Medicine and feeding schedules, toileting, naps, and the like are sometimes more easily managed at home, but this doesn't rule out outdoor fun. There are plenty of opportunities to be active in your own backyard or closest outdoor space!

- Bring a yoga mat outside and follow an online movement or yoga video
- Make paper airplanes and fly them around the block
- Play bean bag bocchia ball
- Toss water balloons
- Go on a scavenger hunt around the yard
- Create an obstacle course
- Play frisbee, ring toss, or hula hoop
- Decorate bikes, strollers, or wheelchairs and parade down the street
- Have an outdoor dance party

Remember: When you're planning outdoor activities, consider movement, imagination, and fun and you can't go wrong.

Foam Parties Are For Kids Big & Small!

By Doug Kretchmer

You know something — at 58 years old I still have the playfulness of a child. I recently started a part-time job doing foam parties. A friend of a friend started a business called Fantastic Foam Parties in 2017, which was the year I first encountered a foam, outside a bar in Gimli, where I was visiting.

Remember when you were young, and your mom or dad would fill the bathtub for you and add bubble bath (Mr. Bubble was the brand I remember) and the bubbles would rise and rise as the tub filled up? Your first few minutes in the tub had nothing to do with getting clean. Ah, the good old days.

Now imagine a back yard full of bubbles over seven-feet high, that you can actually run through with all your friends. That's what a foam party is.

Nothing spells fun more than a yard full of screaming kids disappearing in an ocean of bubbles or foam. Now, I've never had children of my own but have watched the children of my sisters, friends, relatives and nieces grow up over the years, and watching them play always brought me back to those sweet childhood memories.

Jackie Hutchinson has sent her five foam machines to over 300 parties in the six years since she started Fantastic Foam Parties — and kids aren't the only ones who have enjoyed these parties. Her foam machines have showed up at staff parties, family celebrations, sports windups, graduation parties and block parties, to mention just a few.

Doug Kretchmer is a freelance writer, artist and community correspondent for The Times. Email him at quidamphotography@gmail.com | Twitter: @DougKretchmer



Photo by Doug Kretchmer: Parents Joseph Torchia and Costanza Paletta booked a foam party for the sixth birthday celebration of their twin girls, Amelia and Chiara (in the purple and white checkered outfits).

"Nothing spells fun more than a yard full of screaming kids disappearing in an ocean of bubbles or foam."

So far, I have been the attendant (and set-up/tear-down guy) at a birthday party for six-year-old twin girls. The party was booked for an hour (some are three hours or more) and as soon as the bubbles started blowing out of the machine, the kids had a ball. They even brought chairs and balls into the foam. Heck, it looked like so much fun I even felt like jumping in and even the girls' parents confided later that they also had the urge to jump in.

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Bring Creative Movement to Life for Kids



By Katrin Benedictson

RWB School Recreational Division Vice Principal

Children love to move; they love to run, jump, climb, and they love to dance. When a child expresses a love for movement and dance, parents frequently enroll them in dance lessons to channel this creativity, help them develop new skills, and provide an extracurricular activity. Parents may be at a loss for how to guide their children into the world of dance and how to select the right studio for them to study. While Winnipeggers can choose from many different dance schools, they are fortunate to have the world-renowned Royal Winnipeg Ballet School right in their own city where they can enroll their children in a variety of programs.

The Royal Winnipeg Ballet School has two divisions: the Professional Division, a by-audition-only program where students come from around the world to train in classical ballet and prepare for a career in this field, and the Recreational Division, which offers classes for young children who are interested in dance as well as programming for the more serious dancer who wishes to enrol in an Intensive Training Program or perform in a Dance Ensemble group.

As with any physical activity or artistic endeavour, parents should consider the quality of training that their children will receive when they register for classes. This approach brings peace of mind that their children are learning correct technique, being safely trained, and developing to their own potential. The Recreational Division of the RWB School runs classes for students three years and older with programming that is specifically designed for dancers of their age and abilities.

For the youngest students, aged three to five years, Creative Movement programs are offered to introduce basic motor skills and techniques, musicality, and coordination, while allowing young children to build confidence and independence while developing their artistry through structured activities and improvised exercises in a group setting. It is the philosophy of the RWB School that expert training for young dancers is crucial as it provides the foundation for their subsequent instruction and progress. To support this philosophy, all classes in our Creative Movement program are taught by professionally accredited teachers who have studied dance pedagogy and have a great deal of experience delivering this material.

"As with any physical activity or artistic endeavour, parents should consider the quality of training that their children will receive when they register for classes."

Creative movement is an important part of a young child's growth and development – it enhances physical health, cognitive skills, socialization, creativity, and emotional development. It lets children run with their imaginations as they learn to use their bodies to bring stories to life through movement and music – where they are free to share their personalities and express their inner thoughts and feelings. It is also an introduction to all types of dance.

"Creative Movement is the foundation of our Recreational Division – it's really a highlight to watch the youngest of our students explore the studio, make new friends and grow and develop all types of skills that will help them for the rest of their lives. Our parents of these students all wait outside the studio to collect their kids when class is done and that reunion is always so special as they share all about the starry adventure or zoo safari they went on that day."
- Nicole Kepp, Recreational Division Principal

Regardless of the style of dance that a child may wish to study, the RWB School prides itself on maintaining a high standard of training. This is so beneficial for children as it allows them to progress and develop to their full potential, plus apply the skills acquired into the dance studio and other areas of their lives. RWB School students learn many steps and routines, however they also develop a strong work ethic, good critical thinking ability, and teamwork skills.

It can be overwhelming when choosing a dance program for children, however professional training and age-specific programming make the Royal Winnipeg Ballet School a great place for families to introduce their children to dance. Why not bring creative movement to life for your child or grandchild - for as many kids as possible?

Simple Ways To Get Active With Your Kids This Fall, After School And All!

By Katharine Watts

ActiveForLife.com

With the change back to routine, sometimes our kids need quiet downtime after school and sometimes it seems like they could run a 5km race. When you need ideas for how to channel that energy (ideally not in your living room), go through this list for some inspiration. From simple ideas to make use of the empty schoolyard to bigger adventures further afield, your kids will get the active play they need—and you'll hopefully get the peaceful bedtime you need.

1. Visit the skate park with scooters or bikes

If your kids need a lot of movement after school, consider a visit to the closest skate park for a fun way to channel all that energy.

Fun tip: Get yourself an adult scooter. You might just end up having more fun than your kids.

2. Bike to a nearby green space for a dinner picnic

If your kids need some motivation to get moving, choose a fun destination or switch up your usual evening routine. One of my favourites in the fall is dinner at the park, where kids can roam freely (and as a major bonus, I don't get frustrated by the constant tipping of their chairs, getting up from the table, and demanding other dinner options).

3. Find a nearby basketball court and play a round of 21

Playing a casual game of 21 is an opportunity to practice taking turns, connecting after a day of work and moving your bodies as you run after the ball.

4. Go for a child-led hike

After listening to rules all day, you'd be hard-pressed to find a kid who wants to go on the adult version of a hike: Walking, walking, and more walking. But a child-led hike is one where they get to make the rules. Bring them to the destination, and they get to stop as much as they want to climb trees, look at bugs, or play in the dirt. You might not make it very far past the parking lot, but that's okay—they will love having an opportunity to explore without cajoling or rushing.

Your kids will get the active play they need – and you'll hopefully get the peaceful bedtime you need.



5. Go on a fall leaf hunt

Once the leaves start to change colour, go on a nature walk to collect some leaves for an art project. (Or create one on your walk.) Fun books like *Look What I Did With a Leaf!* provide the perfect inspiration for making cool creations out of all the leaves you find on your treasure hunt.

6. Go for an evening walk with headlamps or flashlights

As the weather cools down, evening walks can become a bit less enticing as it gets darker earlier. But that doesn't mean we need to stay indoors! Encourage your kids to go on an evening walk by offering headlamps and flashlights, so they can search for creatures that come out at night and feel like brave explorers in the neighbourhood.



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EXPLORE EVERY STORY: Ketch Up With The Nonsuch!

Sail into the past with the Manitoba Museum's Dr. Amelia Fay, Curator of Anthropology & HBC Museum Collection, as she shares some interesting tidbits about this replica ship and surrounding gallery.

A long-time favourite of many museum visitors, the Nonsuch is a full-sized replica of a 17th century ketch and was built in England to celebrate the 300th anniversary of the Hudson's Bay Company in 1970. It is considered one of the finest replicas in the world and sailed 14,000 kilometres of salt and fresh water before finding her home at the Manitoba Museum in 1974.

Steering into adventure

You may have noticed that there is no wheel to steer the ship; that's because the original Nonsuch pre-dated the invention of the ship's wheel! Instead, the ship is guided by the tiller, a lever that connects directly to the ship's rudder. Imagine sailing this ship across the cold North Atlantic



The hardy crew that sailed the Nonsuch along the St. Lawrence River. ©Gaby Demers.

and into the icy waters of the Hudson Strait. I think it would have been terrifying, and the chosen captain for the replica agreed: Captain Adrian Small advised that Nonsuch be towed across the Atlantic, and it began its sailing tour of North America along the St. Lawrence River.

Shut-eye on the ship

I'm often asked why the beds in the captain's quarters are so small, and it has nothing to do with stature. Sleeping somewhat upright, propped up with pillows, was very common during the 17th century to help with digestion and assist with breathing. Although people were a bit shorter in the past, the difference is not that great. The average height for British men in the late 1600s was 5'5", while today the average is 5'8".

Enjoy a stroll in the past

As you wander the gallery, take note of the sights and sounds. Extensive research went into every prop and sound in the gallery to ensure historical accuracy. All the dishes in the tavern are replicas of actual ceramics and pewter that have been recovered archaeologically from Deptford, England that date to the late 1660s.

The Nonsuch is here to stay

For those who might think the ship might ever leave the Museum, it's important to note that the gallery walls were built around the Nonsuch, and she cannot be removed from the Museum.

Are you ready to climb aboard the Nonsuch? Come visit the Manitoba Museum and wow your friends and family with your newfound knowledge!



WITH EVERY STORY

Planetarium

Explore space, touch the stars and voyage across time. Our full-dome theatre will immerse you in awe-inspiring stories of wonder.

Science Gallery

Test the universal laws of science and explore the wonders of technology in this hands-on, high-energy environment. Fun for all ages!

Museum Galleries

Travel through millions of years, journey from the icy arctic coast to the windswept prairies of Manitoba. Meet dinosaurs and trilobites, and climb aboard the Nonsuch, a full-sized replica 17th-century English merchant ship.

At the Manitoba Museum, the history, nature, and science will change your life forever.

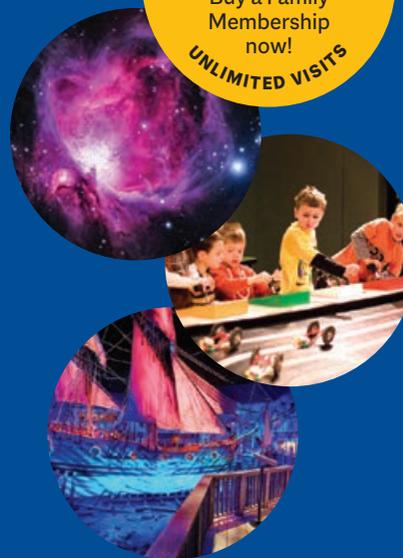
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There's no steering wheel on this ship - the Nonsuch was guided by a tiller. ©Manitoba Museum



Today the Nonsuch is docked inside the Manitoba Museum where countless visitors have stepped aboard the ship and into the past. ©Manitoba Museum.

m Manitoba
Museum

? DO YOU KNOW WHAT CANADA'S NATIONAL ANIMAL IS?



FUN FACT:

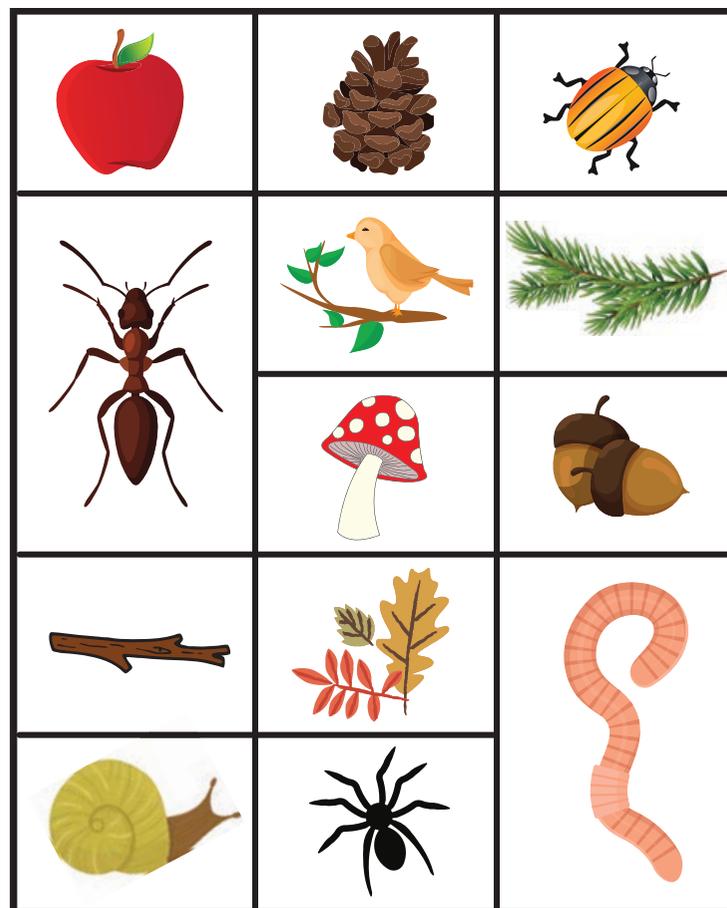
Beavers are one of the most common animals found in Manitoba. They can be found in any lake, river or pond or wherever there is water. When you are out for a family walk, see if you can spot a beavers, or one of their beaver dams!

Beaver Maze

Help the beaver find his way through the maze. Make sure to collect all of the good things for beavers and avoid all of the bad things.



BACK-TO-SCHOOL Scavenger Hunt



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For more info on Beavers and to help you complete the maze, visit this link in the wise kidnetics energy activity booklet <https://static1.squarespace.com/static/5eb1d7a4e1238276a24865d2/1/5f3bf32bfdb14370dcc2f4e7/1597764412045/August2020-2-Booklet.pdf>



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À vos marques, prêts, lisez

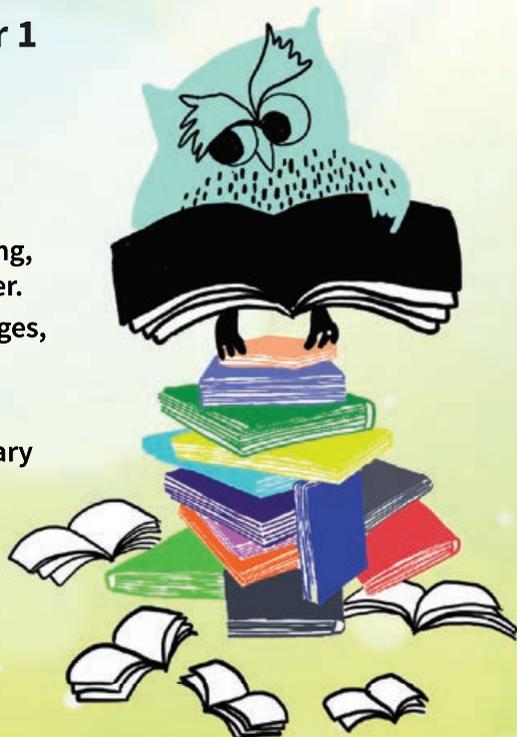


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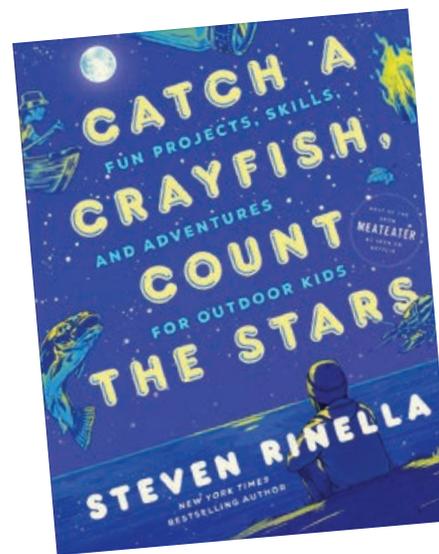
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WINNIPEG PARENT

BOOK SELECTION OF THE MONTH

We are rounding into the final month of summer. Don't forget to enjoy every moment that nature brings us. This book gives young nature explorers just that. It provides readers and explorers fun and exciting moments to be a part of nature's wonder.



Catch A Crayfish, Count The Stars by Steven Rinella

Does climbing a tree, building a bug hotel, spearing a bullfrog, stalking wild animals, and scouting for petrified wood sound more fun than homework or chores? If so, this guide is your perfect companion to endless summer days and rainy fall afternoons alike.

Filled with advice, insights, and activities to inspire wonder and excitement about the natural world, *Catch a Crayfish, Count the Stars* is a curious kid's treasure trove, filled to the brim with outdoor projects, skills, and adventures complete with illustrations.

The book presents a ton of fun and exciting ways to explore the natural world, like:

- building an outdoor exploration kit
- identifying constellations and navigating using the sun and stars
- collecting fossils and other geological wonders
- tracking animals and following weather patterns
- making your own compass
- growing your own fruits and vegetables
- building survival shelters and primitive hunting weapons
- fishing, hunting, and foraging for wild foods
- using natural materials
- making cool art projects

A must-have guide for budding naturalists, scientists, gardeners, anglers, foragers, and hunters, this book helps get kids out into nature, imparting lifelong knowledge and skills along the way.



I read this with my cousin before we all went camping. My cousin loves being outside! After we read the book, Haçi and I put together our kits with flashlights, blankets, a whistle and bear bells and water bottles. This book helped us get ready to hike and explore. We loved it!

At night we watched the Northern lights and looked for the Northern Star. This is a good book for kids to use when they are outdoors.

By Kade (age 11) and Haçi (age 7)

About The Author:

Steven Rinella is an outdoorsman, writer, wild foods enthusiast, and television and podcast personality who is a passionate advocate for conservation and the protection of public lands. Rinella lives in Bozeman, Montana, with his wife and their three kids.

WILLOW STREET CLUB by JUSTIN ROBIN



@WILLOWSTREETCLUB by JUSTIN ROBIN

Parachute Fun For Everyone!

By Dana Todd

I don't know about you, but the parachute was something I always looked forward to in gym class! There was something so fun and magical about that big colourful cool piece of fabric. There was also the excitement of getting stuck underneath and not being able to get out (I was a dramatic child!)

Now, the parachute has moved onto the next generation! This is the perfect activity for kids of all ages, young and old, big and tall!

Did you know there are a variety of different games to play? Here are just two of my favorites!



Cat & Mouse

This is a great game to help all ages to play 'nicely' together.

TO PLAY:

- One person is the Mouse
- One person is the Cat
- All others sit on the ground holding a piece of the parachute.
- The Mouse crawls under the parachute... and moves around.
- The Cat crawls on top of the parachute ...looking for the Mouse
- Everyone shakes the parachute and tries to hide the Mouse from the Cat
- Once the Mouse is caught - someone else gets a turn!

Popcorn

This is a fun game to promote teamwork and playing together.

TO PLAY:

- Put two colours soft balls in the parachute and then move it up and down making it look like popcorn popping!
- Divide into 2 teams - 2 different ball colours
- Everyone shakes the parachute and tries to keep their colour balls on - and knock off the other colour.
- At the end, the team that has the most balls still on the parachute wins.

Tip: The best balls to use for all ages are the 'ball pit' plastic balls. They don't hurt if they hit you...and they come in a variety of colours.

AUTUMN Parent Puzzler

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

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

- | | | |
|-----------|-----------------|-----------------|
| BACKPACK | FIRST DAY | ROUTINE |
| BEACH | FRIENDS | SCHOOL SUPPLIES |
| BEDTIME | GARDEN READY | SUNSHINE |
| BOO | LEARN | SUNTAN |
| BOOKS | LUNCH | |
| BUG SPRAY | NEW SCHOOL | |
| CAMPS | NORTHERN LIGHTS | |

Tricks with GRASS, WEEDS & WILDFLOWERS

Stickyweed
Galium aparine
The leaves of this sticky weed are covered in tiny hooks that stick to almost anything!

Ribwort Plantain
Plantago lanceolata

Wildflowers
Press wildflowers and leaves between the pages of a book for a month to preserve them.

Common Poppy
Papaver rhoeas

Cowslip
Primula veris

Common daisy
Bellis perennis
Make a daisy chain

Mouse Barley
Hordeum murinum
Hide the grass head between your palms and gently rub them together, see how the grasshead peeps out like a mouse.

Yorkshire Fog
Holcus lanatus

Grass Trumpet
Find a long and wide piece of grass. Hold between your two thumbs and blow. You can make a hole in the blade to make it easier.

A grass doll
Gather a bunch of dried grass and fold over. Tie a string of plaited grass in a loop around to make a doll shape.

Illustrated by Hannah Bailey
 Credit: Hannah Bailey

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The Problem with Pink
PHOTO: Verchere Jean-Charles

