

# WINNIPEG PARENT



## Navigating Busy Schedules

*How To Get Nutritious  
Meals On The Table  
Without Hours  
In The Kitchen*

## Emphasize Giving Not Taking

*Throughout the  
Fall Holidays*

## BEING THANKFUL

*Why I'm Thankful  
For My Kids*

## Encouraging your baby's movement

*Tips and Techniques &  
The Importance of Tummy Time*

## KID APPROVED HIKING SNACKS



**Lest We Forget**  
*Ways For You and Your Family  
To Observe Remembrance Day*

SEE INSIDE FOR  
OUR BOOK  
SELECTION OF  
THE MONTH!







# the publisher's Pen

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**On the Cover:** Child plays in autumn leaves,  
*Photo Credit: Chelsey Walchuk*



It's officially Autumn! I love October and November. The months where the leaves are changing, and we are surrounded by colour and beauty. The mornings and evenings are crisp but we still have warm days. It is the perfect time for family walks in Assiniboine Forest, day tips to the Whiteshell, Gimli or the beaches around Grand and Victoria. Traditions of Thanksgiving and Remembrance day are a big part of these months too.

We as a family have a special, and maybe unusual, tradition this month. My family loves Halloween. I must admit I wasn't sold on it until having children, but now I'm all in too! Each Halloween I host a Halloween Howl lunch for my daughter and a friend. The dining table and room are decorated with spooky and ghoulish things complete with a Spooktacular menu.

The lunch table is full of things like 'Dracula's eyeballs', 'poisonous spiders' and 'witches brew' in skeleton cups. I'm sure you get the idea. It's a fun day we all look forward to.

This issue Winnipeg Parent gives lots of Halloween and Fall fun ideas, reminding us to give thanks for family and friends, snack tips for those family Fall hikes, ideas for taking time for you, and so much more!

Whatever your traditions may be these upcoming months, I say embrace the Spook-tacular!

Happy Fall!

*Dana*

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# Remembrance Day Saturday, November 11



## Royal Canadian Legions

Throughout Winnipeg

- Say 'thank you' to a Veteran
- Watch the National ceremony on television
- Wherever you may be at 11:00am, stop and observe two-minutes of silence

## Why do we wear a poppy on Remembrance Day

The poppy is a symbol of respect towards Canada's Veterans and those currently serving in the Canadian Armed Forces.

## How to properly wear a poppy

The poppy should be worn over the heart, on the left side.

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# Being Thankful Why I'm Thankful For My Kids



By Blaine Kylo

Active for Life Contributor

Photo Credit: Chelsey Walchuk

In the past couple of weeks, I've been profoundly aware of how thankful I am for my children.

It might be their ages (four and seven) or perhaps it's the autumn hangover of having spent so much of the summer with them, but I want to acknowledge how they make my life better.

## They Keep Me Active

I ride my bike every day. It's a means to an end because I want my daughter to grow up with the idea that she can get around on her bike. My son, who cannot wait to start kindergarten next year, is anticipating the daily ride as much as he is the excitement of the classroom.

We play soccer, and skate, and swim, and I do all these things with them. This winter, we'll ski and snowboard and snowshoe and toboggan together.

I don't think twice about being this active because I want my kids to see it as normal, but the truth is that if it wasn't for them, I'd find reasons to put off these activities because there's always more work to do, always some rest to catch up with.

I haven't been this physically fit since I was playing hockey every day. And that was more than twenty years ago.

## They Help Me See The World Like It Was New

Last week on the way to swim lessons, my 4-year-old son was talking about how much he'd grown over the summer. When I mentioned he might actually grow to be taller than me, his eyes got wide. "Really?" he gasped. The idea had never occurred to him.

Seeing the world for the first time - again - is one of the most precious things that children give adults who are open to the gift.

When I hang out with my kids, playgrounds aren't just pieces of equipment. They are jungles and mountains. They are homes to trolls and bears. They are places where skills can be learned, and practiced, and mastered.

**"Seeing the world for the first time - again - is one of the most precious things that children give adults who are open to the gift."**

The forest isn't just a bunch of trees and rocks. It's where we can discover new plants, see how the trees grow, and marvel at the new webs the spiders have spun overnight.

The natural world is awe-inspiring. My kids help me remember just how profound it is.

## They Amaze Me

On her first day of kindergarten, my daughter, inspired by the older kids who were flinging themselves across the monkey bars and wanting to show off to her grandmother, fell and broke her wrist.

A month later, she conquered her nerves and proved to herself that the arm was healed. A month after that she was skipping a bar. A month after that she was turning around at the end and completing a return trip.

By the end of the year, she was hanging upside down from her knees like it was the most natural thing to do.

It's only one example of the things my kids do that make me gasp, and cheer, and swell with pride.

## They Give Me Hope

When your child starts yelling at other vehicles through their car seat you start to wonder if maybe they're picking up on your bad habits.

I'm too intense, pragmatic, and quick to frustration for my own good. My kids haven't made those characteristics go away, but they have made me more aware of my behaviour, which makes me more in control of it.

So I'm working hard at being patient, quieter, and calmer. I'm trying to listen more and preach less. I'm a work in progress, but my kids are worth it.

# Emphasize Giving Not Taking Throughout the Fall Holidays

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

The preliminary round of the Fall holiday season has begun and one that tends to gain the most recognition due to the closure of all schools in October is Thanksgiving. Although most students would give the nod to Halloween, it is essential the right attention is given to gratitude and expressing thank you for what we can be appreciative of. Despite my naïve belief that when we were restricted, limited, and forced to distance during COVID, emerging from that would lead to more gratitude, appreciation, and connectedness because it was absent for so long. Sadly and realistically, our children (AND many parents) have become more selfish rather than selfless and come to expect everything immediately. They are growing up in a world where anything they want is not only immediately available, it takes little to no effort to attain it. Consequently, our children are focusing more on what they want, expressing less gratitude for whatever they desire, and the focus has predominantly shifted to themselves rather than what is best for the collective whole.

As we evaluate the new beginnings that emerge with the season, it will be healthy for all in your home to stop, step back, and focus on what is best for the group, the whole, the community, rather than the self. Ironically, shortly after Thanksgiving, many mask our kids up, cover their true identities in costumes, and send them around the neighborhood requesting pails of candy.

Perhaps this year to help your children feel much deeper psychological benefits throughout the Fall, empower them to shift their focus to gratitude, patience, and giving to others, rather than take and expect for themselves. Use these next few weeks to pay closer attention to what your children can give, rather than take. Whether that be giving of their time, giving of their collected candy, giving to food banks, and above all giving up the focus on the individual self and instead focusing on the greater good of others. As adults, (and especially in the current world), we are often just as guilty of focusing on our own needs and neglecting that of others. We are getting worked up about posting anything we can on social media so that viewers can celebrate what we have ordered, where we have travelled, what new desserts we have created and eaten, and often these individually focused images are a facade of real life.

It is time to shift away from the emphasis we place on ourselves and what is best for me, myself, and I, but rather stop, and pay closer attention to what would benefit a collective group of people from all ages. Model the behaviour for your children to help others, demand less, remain patient through hard work, and give of your time to others without needing an instant reward.

**The change will lead to more appreciation, less stress, and happier tolerant children in and out of our schools.**



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## How To:

### Start your accommodation process for your dyslexic child

<p><b>Step 1:</b> Have a copy of your child psycho-educational assessment, showing their dyslexic diagnosis and recommended accommodations.</p>	<p><b>Step 4:</b> Collaborate with your team to build your child's accommodations plan. Be sure to have this document in writing and signed by school and parents.</p>
<p><b>Step 2:</b> Attain contact information from your school support team. This may include principal, homeroom teacher, resource teachers and educational assistants.</p>	<p><b>Step 5:</b> Inform your child about new accommodations and what that looks like during school.</p>
<p><b>Step 3:</b> Set up meeting with advocates and school team. We recommend parents bring a support advocate for note taking.</p>	<p><b>Step 6:</b> It's important to follow up regularly with your child's team and ask your child if they are receiving their accommodations. Meetings should take place at the beginning and end of every school year.</p>

#### Additional Notes:

- Dyslexic students should receive one spelling and reading intervention at a time, based on the recommendations in your child's psycho-educational assessment.
- Without intervention your child will continue to need many accommodations.
- Accountable intervention will eventually reduce the amount of accommodations required.
- AEP- Adapted Education Plan.
- ALP - Adapted Learning Plan.
- SSP- Student Specific Plan.

# Encouraging Your Baby's Movement: Tips and Techniques & The Importance of Tummy Time

By Susan Scandiffio  
*Active for Life Contributor*

From the time of your baby's birth, you've been watching them with so much love as they have eaten, pooped, and slept. (Even as YOUR sleep has been a bit less... plentiful.) And then it becomes time for them start moving!

## Understanding baby milestones

Each baby is unique and hits milestones at their own pace along the way. From smiling to gripping objects, from babbling to rolling over, babies are often on their own schedule.

My first baby walked at 10 months, my second at 12 months, and my third at 16 months. They clearly had their own timetables. As long as you're checking in with your doctor and your baby is healthy, they'll hit their milestones in their own time.

## Tummy Time is important:

The WHO recommends that babies under a year be physically active throughout the day including at least 30 minutes of tummy time spread throughout the day.

Tummy time can start as soon as your child is born and can begin with very short periods of as little as three minutes. This can be increased as your baby becomes older and more comfortable with the activity.

During tummy time, your baby will develop and strengthen the muscles in their neck, shoulders, arms and, when they start to kick, the muscles in their hips and legs. These are all muscles they'll need to start looking around, rolling over, sitting up, and, eventually, crawling.

*Continues on next page »*

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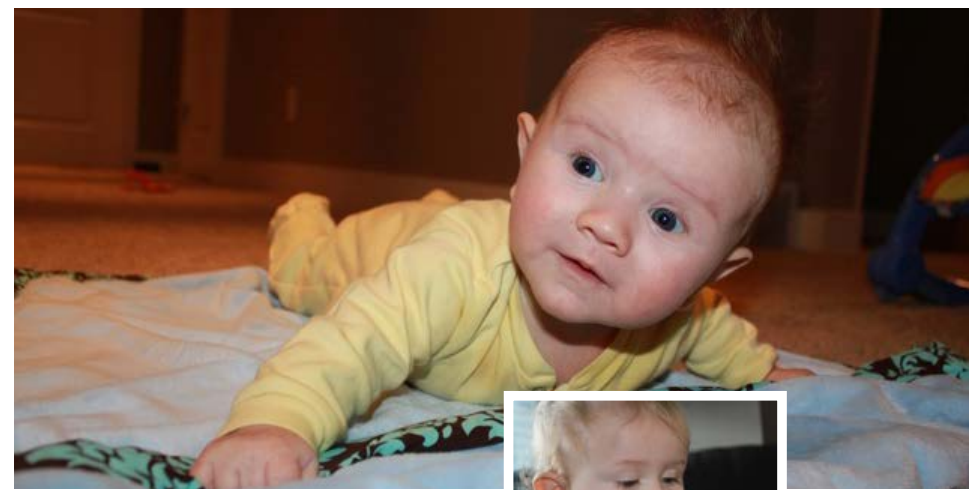
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*Encouraging Your Baby's Movement Cont. from previous page*



Photos Credit:  
Deanne Morgan

**"As long as you're checking in with your doctor and your baby is healthy, they'll hit their milestones in their own time."**

To encourage your baby to love tummy time, lie on the floor facing them to keep them calm and happy. When they feel secure, they're more likely to continue with the activity.

Place their favourite toys or books at or just beyond their reach. Rattle their toys, play music, or place a mirror on the floor under or in front of them to encourage them to lift their heads, to reach out, and to press up with their arms.

Your child will progress to pushing themselves up, making a move that resembles a push-up. Lie down with your baby to do push-ups with them. They'll love the company and will want to keep mimicking your actions.

From there, most babies will get onto their hands and knees and rock back and forward. Again, you can join your baby in this movement. Play some music to make the activity fun.

Continue to place favourite toys, books, or other objects a few feet away to encourage your baby to move towards them. You can also set up a play tunnel, which your baby will be curious about moving through.

With their muscles strong, their enthusiasm high and their desire to move and roam free, babies will soon be crawling!

## Navigating Busy Schedules

### How To Get Nutritious Meals On The Table Without Hours In The Kitchen

By Janine LaForte  
Registered Dietitian

As the whirlwind of family routines returns, juggling the demands of work and children's activities can leave little time or energy for enjoyable nutritious family meals. The familiar chaos of parenting can make this feel like a daunting task.

Next time you're staring at your jam-packed calendar, wondering how you're going to feed your loved ones, keep these 6 practical tips in mind:

1. Plan meals. Even if all you can manage is to plan one day in advance, it'll save you from that dreaded question "What's for Dinner?"
2. Make a list of 5 'go-to', quick & easy, pantry staple meals. Post the list on your fridge for simple ideas on your most hectic days. Some of my favourites are bean burritos, tortellini with tomato sauce and cheese, and scrambled eggs & toast.
3. Involve the whole family. From sharing meal ideas to washing produce, chopping veggies and clearing the table, it all helps.
4. Choose quick cooking (or already cooked) proteins. Try canned beans, eggs, tofu, cheese, rotisserie chicken, frozen shrimp and nuts. We like curry chickpeas over instant rice with frozen green beans, and shrimp stir-fry with quick cooking noodles

5. Use shortcuts. Try pre-shredded cheese, jarred sauces, pre-cooked meat, instant rice, frozen veggies, etc.

6. Cook once, eat twice! Batch cook and plan for leftovers.

Need more ideas to save you time in the kitchen? Check out this blog post from Real Life Nutrition – 8 Tips to Save You Time in the Kitchen

If you'd like help creating a family meal plan and learning how to fit nutritious meals into your busy schedule, Real Life Nutrition's 'Family Meals Made Easy Program' is made for you. Join one-on-one (Manitoba residents only; often covered by private insurance) or the group program coming later this month (open to anyone; lower cost than one-on-one).

This parenting thing is hard and Real Life Nutrition is here to help. Follow along @reallifenutrition.rd on Instagram or Facebook for your daily dose of simple family meal inspiration!

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 get nutritious meals on the table without the stress or spending hours in the kitchen.

Here's where to find me:

Website: [www.reallifenutrition.ca](http://www.reallifenutrition.ca)  
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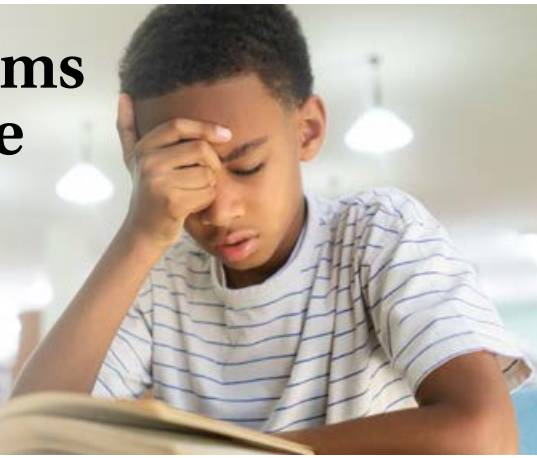


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# Vision Problems Can Look Like Learning Difficulties



By Dr. Matthew Anderson  
Developmental Optometrist

*"When a vision problem is at the root of a child's struggles with learning, it is often very hidden."*

When children continue to struggle with reading and learning despite all best efforts to help them, it can be very difficult to figure out the source of the problem. When a vision problem is at the root of a child's struggles with learning, it is often very hidden.

The types of vision problems which interfere with reading and learning impact how the eyes move and how they work together, so a child can pass a vision screening that tests for distance vision very easily because they can see the letters on the eye chart. As a result, vision can often be incorrectly ruled out even though eye movement and eye coordination disorders could be interfering with reading and learning.

October is Learning Disabilities Awareness month, which makes this a good time to review how eye coordination and eye movement disorders can interfere with a student's ability to read and learn.

What's eye coordination? How well the two eyes work together in unison to provide a single clear image at all times. Eye movement is how well the eyes move - which is required when you read or drive. How well can you follow a moving target and can you follow along a line of print when reading without getting lost.

Research from Harvard Medical School actually found that approximately 80% of children who have Dyslexia, often have eye coordination and eye movement disorders contributing to their challenges. And 30% of kids (without Dyslexia) who struggle with reading also have these visual disorders.

*Dr. Matthew Anderson, Developmental Optometrist, 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](http://www.grandvisioninstitute.com)*

It is important to understand that while our eyes take in visual information, that information is sent to the brain where it is processed. If the information that is sent to the brain is faulty, it can make learning very difficult.

While learning disability websites list a variety of accommodations that can help children with Visual Information Processing Disorders, it is important for parents to understand that correctable vision problems are often playing a role in learning challenges and can contribute to Visual Information Processing Disorders.

Many individuals with learning disabilities also have ADHD (Attention Deficit Hyperactivity Disorder). One of the signs that a vision problem may be contributing to one's learning challenges is a short attention span when it comes to reading and near work. This behaviour could easily be mistaken for ADHD.

Eye tracking and eye coordination disorders which can make reading difficult and cause symptoms such as eye strain, double vision, loss of concentration, poor reading comprehension and frequent loss of place when reading and working up close, all which play a negative role in learning.

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](http://www.visiontherapycanada.com)

# 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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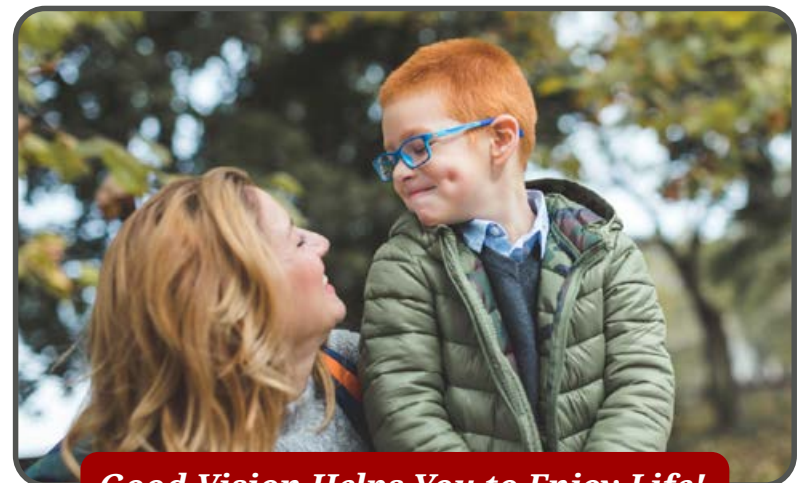
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Local number: 204-786-8686  
[reasontolive.ca](http://reasontolive.ca)

**Kids Help Phone" Kids Help Phone**  
(national line available to Manitoba Youth)  
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<http://www.manitobavaccine.ca>

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

**Manitoba Farm, Rural & Northern Support Services**  
<https://supportline.ca/> - online counselling • 1-866-367-3276 (hours Mon-Fri 10 am to 9 pm)

**First Nations and Inuit Hope for Wellness Help Line**  
1-855-242-3310 - Counselling available in English and French. Upon request, in Cree, Ojibway, and Inuktitut



# EXPLORE EVERY STORY: Go Batty at the Manitoba Museum!

By Randall Mooi - Ph.D., Curator of Zoology, Manitoba Museum

October is when bats - or their silhouettes, at least - are hard to miss! You'll likely come across multiple houses this month proudly displaying these winged wonders alongside jack-o-lanterns and witches. However, these fascinating flying mammals won't be joining

in on the fun of trick-or-treating. By the end of September, three of Manitoba's bat species will have migrated south to find food, whereas the other three will be hibernating locally.

## Bats: small but mighty

Manitoba's largest species is the hoary bat with a 40 cm wingspan, though it weighs only about 30 g - less than an AA battery! The smallest species weighs as little as 5 g - just a little more than a quarter. They are all nocturnal and, although they do feed on mosquitoes, usually go for larger prey

such as moths and beetles. Bats can be important in controlling agricultural pests, saving billions of dollars in crop damage.



Manitoba's three hibernating bats from the Museum's collections: northern long-eared bat (*Myotis septentrionalis*), little brown bat (*M. lucifugus*), big brown bat (*Eptesicus fuscus*). ©Manitoba Museum.



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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.

ManitobaMuseum.ca

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**m** Manitoba Museum

## Scary times to be a bat

Because Manitoba's bats are active at night, most of us are unaware that their numbers have plummeted across North America. Several are endangered, including our own little brown bat and northern long-eared bat. These two hibernating species are susceptible to white-nose syndrome, a fungal infection (likely introduced from Europe) that interrupts hibernation patterns and has decimated bat populations in the east. This fungus now occurs in Manitoba and similar dire outcomes are expected.

Thousands of migrating bats are killed by wind turbines every year. Although renewable energy is an imperative, bats are attracted to wind turbines with murderous results. Because bats migrate on relatively calm nights for short periods in spring and fall, it should be possible to mitigate the effect of wind turbines on bat populations while minimizing economic impacts.



A silver-haired and red bat in the Boreal Forest Gallery of the Manitoba Museum with a moth that can avoid the echolocation system that bats use to navigate and find their prey at night. ©Manitoba Museum.

## Wing it with us this fall!

Even though there may not be any real bats flitting through the air this October, it is the perfect time to visit the Manitoba Museum to find out more about these fascinating flying mammals. Take a walk through the Parklands Gallery and into a replica "Bat Cave" to see how these nocturnal animals live, and make other cool discoveries underground. And don't forget to put on your costume and join us for our annual Hallowe'en Takeover - a safe, weatherproof, and fun-filled experience for all ages - October 28 and 29!



Scan here to visit our website!



# 8 Fun Autumn Activities for Kids

By Jaime Neefs  
Active for Life Contributor

Pull on some layers, grab a toque, and take a whiff of that pumpkin-spiced air. Cool but comfortable autumn weather invites your family to be active outdoors and enjoy everything the season has to offer. As a way of saying thanks to autumn, here are some fresh ways to play this season, because developing physical literacy is a year-round journey.

## 1. Rake the leaves

Rally the family together to try something old and something new. Classic activity: rake the leaves into a big pile and JUMP! And here's a new activity to try: make a leaf maze in your yard.

## 2. Hit the trails

Take time to appreciate the changing colours of the leaves that can transform a regular hike into a magical one.

## 3. Pumpkin patch challenge

Pick a pumpkin that you can carry or roll. Laying the ground rules before visiting a patch saves Mom and Dad from hoisting a heavy one, and challenges kids to push, pull, or carry their pumpkin away.

## 4. Climb a tree

As trees gradually lose their leaves and bare their branches, they're practically begging to be climbed. Added bonus: getting up close and personal with any leaves that have yet to fall and collecting them for craft making.

## 5. Just roll with it

Climb to the top of a hill and roll down. This classic outdoor activity is a great way to connect with nature and learn to roll under control.

## 6. Football for all

If there's one sport synonymous with autumn, it's football. Gather the family and play your own Thanksgiving Classic in the backyard.

## 7. Farm fun

Visit a farm for some good old-fashioned fun. Tractor rides, pony rides, and hay bales are all worthy of becoming your new family tradition. Bonus: the kids will discover both the challenge and joy of climbing a farmer's hay bale.

## 8. Practice gratitude

Autumn is a time to be thankful. Enjoy some quiet moments with your kids this season to be mindful of all that you have and can do.



## WHITETAIL SPORTS CAMPS AND COACHING

We offer a variety of different sports camps and coaching events for school aged children aged 4 through to 15, at various points throughout the year with a focus on school holiday periods.



Our kids had a great time at Whitetail camp this week. They made friends, learned new sports, brushed up on skills and had a ton of fun! Thanks coach Nick!

– Kristin Koehler



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# Kid Approved Hiking Snacks

## When It's Not Worth The Fight: 9 Small Ways to Change Screen Time Habits



By Heather Dixon  
Active for Life Contributor

I could be wrong, but I have a strong hunch that screen time is a term parents of my generation don't like. We've heard so many facts and rules and guidelines around screen time. But it's 2023 and we've got kids who love screen time, and we're pretty much at a loss as to what to do. The solution? My gut is telling me to try something small and realistic to start making changes in my kids' habits. If I start small, the end goal will be to create bigger changes eventually. Here are a few options to get started.

### 1. Try making a rule to leave devices plugged in when not in use

One idea is to make a family rule that when devices aren't being used at home, they have to be plugged in (or put in a set location.) This means that phones and tablets aren't allowed to be carried around on your person at home. If it can't go with you, there's less temptation to check messages and open up apps.

### 2. Grayscale the home screen

According to [wired.com], using grayscale on your home screen can help curb screen addiction. By stripping away all the neuron-stimulating colours on your child's phone or tablet, they'll be less motivated to constantly check it for notifications or open up apps.

### 3. Do a family detox for 15 minutes

Have everyone in the family choose a set time during the day that works best and schedule a "screen-free" time. You can start with 15 minutes per day (or more or less, whatever works for you) and log it. Write it down each day and maybe even see how much time you can build up to.

*Editors Note: this is my favorite! We have begun trying this as a family and it's a great way to reconnect at the end of our busy day. We sit and talk about our day, and what the rest of the week looks like.*

### 4. Turn screens off at least one hour before bed

Put your devices to bed at a set time and place before you go to bed each day. Out of sight, out of mind.

Continues on next page »



By RyAnn Peverly  
Run Wild My Child contributor

Fall is such a pretty time to get out and explore! The colours are changing, trails are scattered with leaves and the weather is perfect! The most important part of hiking, aside from the beauty and time spent together...the snacks! Snacks that are easy to pack, nutritional, fun and easy to eat are an important part of any hike! Ryann Peverly contributor to Run Wild my Child.com gives great advice for at-home made snacks that won't break the budget and are easy and fun for the entire family to make.

When my family is preparing to go on a hike the first thing I do is get out our backpacks and start setting everything we need at the front door. Snacks perhaps are one of the most important parts of what we put in our packs (at least in the kids' opinion). Good snacks can make the difference between a hike that turns into a slog, or one the kids remember for days to come. Loading up on kid-pleasing snacking options is one step in making sure everyone has a great day outside on the trail.

### What makes a good hiking snack?

There are a ton of pre-packed and pre-made snacks that the kids would be over the moon to eat. But, those items can really add up in terms of cost, sugar/additive intake, and waste produced. We like knowing exactly what's in our snacks and we really enjoy working together in the kitchen to create our own healthy, easily packable, budget-friendly morsels.

In our kitchen, we love to focus on snacks that pack a punch in flavor and nutrition. The key to a good snack is that it combines these key features:

- provides a balance of carbs for quick energy, protein for long-lasting energy, and high calories in a small package;
- fit easily in a sandwich bag or lightweight lunch box;
- doesn't require utensils for diving in.

### Our favorite hiking snacks to make at home

If you need/want to save time, you can buy pre-made and pre-packaged snacks. Every family is different and it's important that you do what works best for you so you can get outside and play! If that means picking up snacks from the store instead of making them at home, DO THAT! You'll get no judgment at all!

If you would like to try making at-home hiking snacks, here are a few:

#### Trail Mix:

Trail Mix is probably the easiest and most budget-friendly snack all hands can help in making. Just grab a bag, fill it with your favorites, and shake. Anything from peanuts, almonds, raisins, cheeries, mini pretzels, mini marshmallows and more!

#### Power Balls:

Perhaps the best snack on the list is power balls! Power balls (also known as energy bites) combine all our snack needs in a convenient and fun two-bite package. This is another snack that allows kids to mix in their favorite ingredients, plus they are able to get their hands messy in the DIY making process.

#### Start with these three ingredients:

- 1 cup dry oats
- ¼ cup nut butter
- ¼ cup honey or agave

#### Now, it's time to get creative. Add a few extra mix-ins to make your favorite power ball combo!

- ½ cup mini chocolate or M&M's
- ¼ cup shredded coconut
- ¼ cup diced nuts
- ½ cup diced dried fruit
- ....anything tasty in your pantry!

After mixing all ingredients in a bowl, use your hands to form the batter into balls and let harden on a cookie sheet. Power balls can be stored up to a week in your fridge in an airtight container.

### "Loading up on kid-pleasing snacking options is one step in making sure everyone has a great day outside on the trail."

#### Pinwheels:

We love pinwheels! Pinwheels are basically rolled-up sandwich-type creations, filled with your favorite ingredients. These can be made sweet or savory, with just a couple of items from your pantry. The main ingredients in all pin-wheels are tortillas, a spread, and one or two fillings. These tasty treats are really easy to make, and my son loves that he gets to roll and then slice them into different sizes. Just four steps and your snack is done!

1. Lay tortilla on a flat, cuttable surface
2. Smear spread out evenly in the center of the tortilla
3. Lay fillings in the center of the spread



Pinwheels

#### 4. Roll tortilla up, and cut into slices

- Favorite fillings: P.B. & J
  - Peanut butter (or any nut butter will do)
  - Favorite jelly or jam
- Apples & Strawberries – a crowd favorite!
  - Apple butter
  - Nut Butter
  - Sliced strawberries
- Smoked Turkey & ranch
  - Ranch dressing
  - Thin sliced turkey lunch meat
  - Cheese slices
  - Avocado

#### Fruit & Veggies:

We always like to throw in a couple of pieces of fresh fruit (or handfuls of berries) and a baggie of veggie sticks for that fresh flavor. Easy choices are small apples, tangerines, carrots, snap peas, cucumbers, peppers, and celery sticks. Just remember to pack out your cores and peels with you.

#### How to pack your hiking snacks:

Store-bought snacks often come in their own easy, lightweight packages. But when you make your own or buy in bulk it's necessary to carry your snacks in some sort of container. As a family, we have made a commitment to try and use reusable containers as much as possible.

#### Snack happy!

Hopefully your family can get out there on the trail and enjoy a great day outdoors building memories and not complaining because of grumbling bellies. We hope this helps you hike happier and longer!





# Celebrating 25 Years of Thrills and Chills!

For a quarter of a century, **Six Pines Haunted Attractions** has been the ultimate destination for those seeking spine-tingling scares and unforgettable experiences. Established in 1998, Six Pines Haunted Attractions has proudly held the title of Manitoba's premier haunted attraction, and their dedication to delivering heart-pounding fear has earned a spot among Canada's top five scariest haunted attractions.

## Something for Everyone: Daytime Flashlight Haunt and Family Fun

Six Pines understand that fear comes in all shades, so they have crafted an experience for families and those who prefer a lighter touch. During select dates and times, the Daytime Flashlight Haunt allows you to enjoy the theatrics without the intense scares. Young and old alike can join in the adventure and explore the haunted houses in a more relaxed setting.

## Join the Mystery with Scooby-Doo and Shaggy

This year, Six Pines is thrilled to introduce a new addition: an interactive experience with the beloved characters Scooby-Doo and Shaggy! Join them as they attempt to unravel the enigma of Lulu's Mystery Estate. It's a perfect opportunity to team up with your favorite crime-solving duo and make memories that will last a lifetime.

## For the ages 16+ Unveiling Extreme Fear by Night: A New Level of Terror

This landmark year, Six Pines is taking fear to an entirely new level with four all-new Extreme Fear by Night haunted attractions. Prepare to face your deepest fears as you navigate through them. Viewer discretion is advised - these attractions are designed to push the boundaries of fear and test your nerves like never before.

- **Psycho Killerz:** Enter the twisted minds of psychopaths in a chilling journey through their deranged world.
- **Ground Zero:** Witness the aftermath of a catastrophic event in a post-apocalyptic landscape filled with terror.
- **Insane Asylum:** Venture into the haunted halls of an asylum plagued by the tormented souls of its past occupants.
- **Lulu's Mystery Estate:** Brave the mysteries of Lulu's estate.

## Complete Your Experience

- **Nightmare Zone:** Capture the essence of your haunting experience with unforgettable photos at the Nightmare Zone.
- **Grizelda's Chipwagon:** Recharge with delicious snacks and hot food
- **Grizelda's Gift Shop:** Take home a piece of the fear with souvenirs.

## Join Six Pines for the Ultimate Haunting Experience

Don't let the Halloween season pass you by without experiencing the spine-chilling thrill that only Six Pines Haunted Attractions can provide. Mark your calendars for October 5-31 and join Six Pines just four kilometers north of the Perimeter on Sturgeon Road. Get ready to face your fears, make unforgettable memories, and celebrate 25 years of scaring souls like never before.

**Experience the Fear, Live the Adventure, and Create Haunting Memories at Six Pines Haunted Attractions!**

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## 9 Ways to Change Screen Time Habits *Continued from previous page*

### 5. Or don't allow screen time before the afternoon

An alternative option is to have mornings be a screen-free time instead of evenings. Choose what works best for your family's schedule.

### 6. Make screens off-limits during mealtimes

Mealtimes, even on busy nights, can easily be a time for no devices—no matter what. When screens are at the table, they can get in the way of connection between family members. Besides, email and notifications can wait.

### 7. Farm fun

Visit a farm for some good old-fashioned fun. Tractor rides, pony rides, and hay bales are all worthy of becoming your new family tradition.

*Bonus: the kids will discover both the challenge and joy of climbing a farmer's hay bale.*

### 8. Practice gratitude

Autumn is a time to be thankful. Enjoy some quiet moments with your kids this season to be mindful of all that you have and can do.

### 9. Make a plan for before screens

Before anyone goes on a screen during the day, make a plan for what should happen first. Maybe you'll walk the dog, have breakfast, or shoot some pucks. Maybe you'll do some yoga poses or go for a bike ride. Pick something you like to do already, and delaying screens won't seem like a challenge.

What else would you add to this list? Are there some small changes you've tried in your family? We'd love to hear them! Send us your ideas to: [winnipegparent@bouncedesign.com](mailto:winnipegparent@bouncedesign.com)

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# What's So Good About Physical Education Classes? Ask the Students!

By David Benay  
Elementary PhysEd Teacher  
& Active for Life Contributor

Adults working in sport and education often discuss the importance of health and physical education classes, as well as the importance of physical activity and sport participation for young people.

It's easy to find articles on this subject on the Internet. However, I find that these articles miss an extremely important voice: that of the children themselves.

So I decided to ask my 6th graders:

## Why do you like your health and physical education class?

Here's what they answered:

*I like the health and physical education classes because they help me learn more about the importance of physical activity and they teach me its value.*

- Cedia

*I like physical activity because sport helps me to be healthy. Finally, sport helps everyone to socialize better through teamwork during games.*

- Adam

*I find these classes really interesting. One of the advantages of physical education class is that I move. I don't just sit in the same place without moving my body. I also really like the health class because it teaches me what is healthy and what is unhealthy. I find that these two topics are really useful for my life.*

- Sundus



*I love physical activity! I feel good and I smile when we play games we love in the gym. I like the health class because it helps me say no to my friends if they pressure me, and it also helps me understand the effects of drugs. Both subjects are really useful for me and interest me.*

- Remi

*I like health and physical education classes because they teach me a lot of things that I can use in the future.*

- Sarah

*I find it helpful to learn how to move. It's fun for all ages. Moving is essential because if you are not active, your brain will not work correctly and you could become depressed. I think the health course is essential because it is important to learn how to be healthy so that you can live to your full potential.*

- Gabriel

*I like physical education because it gives me a sense of collaboration, and the majority of the class seems to like it too. I find it very pleasant in the gym and outside. I also like the health course because I find it important to be informed about drugs, how to avoid them, and how to say no.*

- Selina

*I love learning about the human body and how to keep it healthy. I also like physical education class because it allows me to stay in shape and spend time with my friends.*

- Emma

After reading their answers, it's obvious that many students appreciate studying health and physical education. Moreover, it's also evident that they recognize the importance of this course. Quality courses will help them acquire the skills necessary to improve their physical, mental, and social-emotional health.

## Including their voice is definitely a winning practice

For example:

- During some periods of physical education class, students can be permitted to play freely in the gymnasium and choose their own activities.
- Students can sometimes vote for the game they will play. When more than one game is popular, we split the gymnasium in half to offer the different options, or we play more than one game as a group for that period.

**It is very important to listen to students so their physical education and health class reflects their interests and maximizes their enjoyment of moving and learning.**



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# Early Literacy

## An Essential Part Of A Child's Development



Early literacy skills begin to develop right from birth. A child's positive early experiences with books and language lay the foundation for success in learning to read. There is so much you can do to help build reading readiness at home. Talk, sing, read, write and play with your child. Try to read together every day and make reading a warm and happy experience.

### To encourage early literacy skills, parents and caregivers can:

- point to objects in book's illustrations and encourage their child to describe what they see
- share the names and sounds of letters and words around their child, like traffic signs or food packages
- Use everyday life examples with your child. Making grocery lists, reading recipes or following an instruction manual are some great ideas.

Do not worry, you are not alone in working on your child's literacy skills! The Winnipeg Public Library is a great resource for parents and children. It's a fabulous and comfortable space to visit and teach your child the love of reading from an early age.

The Winnipeg Public Library offers free programs at Library in the fall, winter and spring for caregivers and children up to the age of 5. These programs include helpful tips and tricks for families create a literacy-rich home environment. It's important to note that all programs are a baby/toddler AND caregiver program. Fall session program registration is ongoing at [winnipeg.ca/library](http://winnipeg.ca/library).

### Here are the exciting programs to check out:

- **Baby Rhyme Time** - children up to 18 months and their caregiver
- **Toddler Time** - children 19-36 months
- **Family Story Time** (for children up to 5 years with a caregiver)

As the days get colder, take in the warmth and coziness of Winnipeg Public Libraries, practice early literacy with your child and make reading fun!

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**December:** Holidays & Gift Giving Guide

**Deadline:** November 15th

**Distribution:** November 27th

**January / February:**

Winter Issue / Teen & Tween Issue

**Deadline:** December 13th

**Distribution:** w/o Jan 2 & Jan 8 (schools)

### DIGITAL NEWSLETTERS

**Nov** Deadline: Nov 3rd  
E-Blast: Nov 6th

**Feb** Deadline: Feb 1st  
E-Blast: Feb 6th

**Apr** Deadline: March 28th  
E-Blast: April 2nd

For more information email: [winnipegparent@bouncedesign.com](mailto:winnipegparent@bouncedesign.com) or call: 204-771-2249

WINNIPEG PARENT



## Fall Early Literacy Programs at Winnipeg Public Library September 18 – November 10

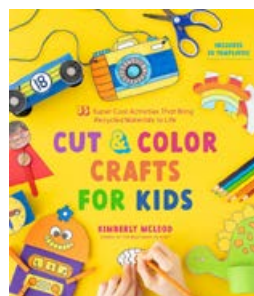
- Join other families for staff-led programs.
- Featuring stories, songs, and rhymes for children 0-5 and their caregivers.
- Discover simple practices to nurture pre-reading skills at home.

For details on locations, times, and to register, scan QR code, visit our **Programs & Events calendar** at [winnipeg.ca/library](http://winnipeg.ca/library), or register in person or by phone.



Winnipeg

## WINNIPEG PARENT BOOK SELECTION OF THE MONTH



### Cut & Color Crafts for Kids By Kimberly McLeod

Try From the Book:  
**Homemade Playdough Recipe**



You'll love this method because there's no need for bags to mix the coloring with and no mess too!

It's easy to make a batch of all different colors for the kids to play with. Just store the finished playdough in an air-tight container. It will help to also wrap it in some saran wrap to keep the air from touching the playdough which can make it go hard.

### Ingredients

- 1 cup flour
- 1 tsp cream of tartar
- ½ cup salt
- 1 tbsp vegetable oil
- 1 cup water
- food coloring

### Instructions

1. In a large bowl, combine all of your dry ingredients (flour, salt, cream of tartar) and mix well.
2. Mix food coloring with your water first. Then add the vegetable oil and water with food coloring to a large pot. Mix together.
3. Add the dry ingredients to your pot and mix well.

4. Cook over low to medium heat until the dough starts to form and becomes dry.
5. Once it starts to form a ball together and looks fully cooked, take off the heat. Let the dough cool first before touching.
6. Once cool, knead the dough for 5 minutes to make the dough soft.

*Note: If your dough is not soft, continue kneading for another 5 minutes. If you find it is still too dry add a little bit more oil and knead in.*

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.

### How to Keep Playdough Soft

First wrap your playdough in saran wrap then store in an air-tight container. You'll notice that playdough will go hard if left out - so the less air that can get to the playdough when storing, the longer it will last!

### Halloween Twist: 🎃

- Add orange, black and yellow food colouring to your playdough.
- Grab some pumpkin, cat and bat shaped cookie cutters.
- Make your upcoming Halloween and classroom activities extra fun!

### About the Author:

Kimberly McLeod is the author of the craft book *Cut & Color Crafts for Kids*. Kim's books can be purchased on Amazon or wherever books are sold. You can find all her crafts, activities more fun playdough recipes at [thebestideasforkids.com](http://thebestideasforkids.com).

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**CRAFT A FUN & SIMPLE**   
**Cotton Ball Ghost**

This is a fun and easy craft for little ones to take part in and decorate for Halloween. This craft not only involves them in the spirit of the season but helps your toddler with their fine motor skills. You can make many of them, cut them out and tape them to windows and mirrors to get into the spookky spirit!

Doing step 3 in sections helps your toddler with learn patience (and also helps you by not getting glue everywhere!)



**Step 1**

Assemble your materials. You will need:

- White paper
- Cotton balls
- School Glue
- Marker
- Construction Paper
- Scissors
- Tape

**Step 4**

Once you have finished sticking the cotton balls to the paper, take the construction paper and make eyes and a mouth. I choose a smile and hearts for eyes, but you can make any shape you would like. Glue these pieces on your ghost and your craft is complete!



**Step 2**

Use the black marker to draw a ghost shape onto white paper. This is something you can help you toddler with to get the right shape.



**Step 3**

Spread glue in sections on your ghostly shape and begin to stick the cotton balls on your ghost.

You can also pull the cotton balls apart to save some for more crafts or use the full round ones.

**Step 5 - for extra fun!**

You can write a fun Halloween word (BOO, SPOOKY, TRICK OR TREAT) and tape up your new decoration!

**Can you find the secret message?**

Circle the letters in order and write them in the spaces below and you will find the hidden message.

456880312540i245632145789a968  
5324m5896523148b45698532145r  
458961a854789632565v45879e23  
65412257i1245896a32658m326985  
4785k14562319746i1256358n4589  
65d45698235i145875a236597m125  
47963l789652364o14568931o4578  
621v5478521e895423d4597842987

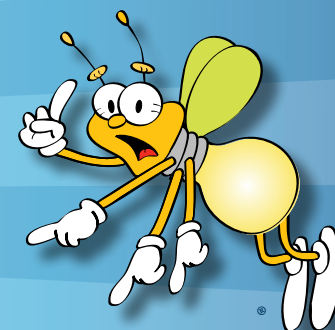
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Manitoba Theatre for Young People PRODUCTION BY Bad Hats Theatre



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