

WINNIPEG PARENT

CELEBRATING
30
YEARS
OF PUBLISHING
IN 2023

Holiday Issue ❄️

Holiday Gift Giving Guide

*Gifts Sure to Spread
Joy & Cheer!*

12

*Stocking Stuffer
Ideas for Active Kids*

Meditation

A beginner's guide

EXPLORE EVERY STORY

Science in the Snow

Healthy Holiday Traditions

Beyond the Plate

Entrepreneur Showcase

Lil Lippy: Beautifully Local

ATTENTION PARENTS

An Important Word About Toys

SEE INSIDE FOR
OUR BOOK
SELECTION OF
THE MONTH!





the publisher's Pen

what's Inside

Welcome to the Holiday Season! Who can believe that it is already December? With our crazy weather the past month, I've been up and down with my upcoming holiday spirit. It snows – I'm in holiday-mode. It rains – back to fall. Then snow and I start all over again.

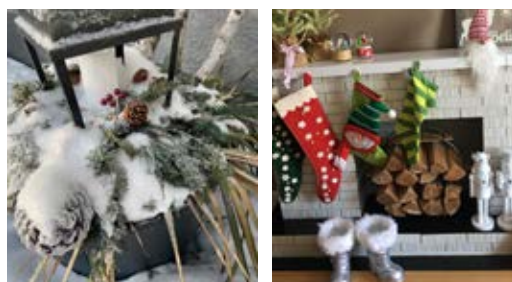
I may be the only one, but I am hoping for snow and lots of it! There is nothing better in December than a beautiful winter day full of big fluffy snowflakes to throw you straight into the season!

This holiday issue of Winnipeg Parent has a little bit of everything, for everyone, to help with the crazy days of December. A gift giving guide for all ages, fun experiments to try (once the snow starts to stay), suggestions to help all of us make it through the season (food and otherwise), and more! December is also the perfect time to steal some time for yourself. To reflect on the past year and look to the new year ahead...and to just breathe. Don't know where to start? Check out the Beginner's Guide to Meditation in this issue.

Take a deep breath, enjoy the big fluffy snowflakes, and get ready to dive into December!

Wishing you and your family the best of the season,

Dana



Publisher's Pen2

The Holiday Guide

Holiday Gift Giving Guide3

Holiday Gift Ideas For Teachers3

12 Stocking Stuffer Ideas for Active Kids.....5

Lil Lippy: Beautifully Local.....5

Health & Wellness

A Beginner's Guide to Meditation for Calming the Mind and Emotions6

Attention Parents: An Important Word About Toys.....7

Cancer Screening Saves Lives!9

Evaluating Your Priorities for the Holidays9

Healthy Holiday Traditions: Beyond the Plate..... 10

Winter Fun Zone

Craft a Pipe Cleaner Holiday Tree!..... 11

December Kindness Calendar 12

EXPLORE EVERY STORY: Science in the Snow 14

Winnipeg Parent Book Selection of the Month 15

On the Cover: Child looks into a holiday store window.

DON'T MISS OUT!

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Jan/Feb 2024 Featuring:

Winter Issue / Teen & Tween Issue

Deadline: December 21st

Distribution: January 12th

Feb Scoop:

Apr Scoop:

Deadline: Feb 1st

Deadline: Mar 28th

E.Blast: Feb 6th

E.Blast: Apr 2nd

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All library branches, many schools, Y branches, community centres, day cares, doctors' and dentists' offices, children's retail and service outlets, The Manitoba Children's Museum, select retail outlets, Fort Whyte Centre and family centres. Would you like to be a distribution point for Winnipeg Parent?



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Holiday GIFT-GIVING GUIDE

GIFTS SURE TO SPREAD JOY & CHEER!

Winnipeg Parent has put together a gift giving guide of our favorites for all ages. Looking for stocking stuffers? A unique family gift? Something for toddlers to teens? Check out our suggestions below for a few fun-filled suggestions of gifts that are sure to get smiles this holiday season.



26 Paper Dolls

Who said only kids can play with paper dolls?

Made by the Lucky Designs Company Inc., 26 Paper Dolls books are affordable fun, with diverse paper dolls of different body shapes and skin tones. Take your kids back to your childhood, cut out fashion and dress the dolls! This book is fully recyclable and a great screen-free activity for kids and adults alike!

Available for \$ 11-15 on Amazon

Website: lucky-design.com

Instagram: [@luckydesignscompany](https://www.instagram.com/luckydesignscompany)

It can be set up anywhere, your backyard, the beach or the cabin. It's quick to learn and fun for everyone!

Available on Amazon

Price: \$279.00+



Gazillion Premium Bubbles Tornado

Kids of all ages can enjoy non-stop bubbles with the Gazillion Tornado! This is the ultimate bubble machine! With one push of the button, watch it blow 4500 bubbles per minute.

Recommended for ages 3+.

"I can't wait to try it and see how many bubbles I can catch at once!"

"My friends are going to love this!"
-Loik, 6 years old

Winnipeg Parent suggestion: Ensure you have rechargeable batteries on hand. As with most battery-operated toys, batteries run out quickly.

Available on Amazon, Walmart and other toy stores.

Playmobil

Support your child's development at different stages and ages with Playmobil Creative Play Sets.



Winnie's & Piglet's Tree House

Ages 1.5 and Up

Practice fine motor skills by turning, moving, and placing Winnie and Piglet in different parts of their tree house. First role play with Winnie and Piglet playing and having conversation together Sort shapes by colour, and learn to identify colours by sorting the shapes and match them together. and more!

Winnipeg Parent – Parent Review:

"We loved playing with the shapes and trying to make them fit into the tree. We learned new words for the colours and had lots of giggles with the surprise of noises the leaves made.

We have played with this over and over. Winnie & Piglet's house has become a favorite in our house!"
-Casey (Dad) and 1-year old son.



My Figures Pirate Island

Ahoy to you! Playmobil My Figures have come out with a twist! Mix and match bodies, heads, legs, arms and accessories to create thousands of different figures! Rowboats and hidden treasure await your characters on the island.

The Pirates Island Playmobil My Figures is perfect for everyone 5-10 years old and encourages creativity and hours of entertainment.

Winnipeg Parent – Parent & Kid Review:

"Playmobil is always a must-have gift. We spend hours playing make-believe with each set we have. Pirate's Island is a really good set. Mixing and matching the people was lots of fun and we still have more to make. The treasure box was the biggest hit!"

-Kim (parent) Michaela and Wyatt – age 5 and 8

Playmobil Set Available at:

Kite and Kaboodle at The Forks other toy stores around Winnipeg

Price: \$ 29.99 and up



Cloud b's Tranquil Whale™

Winner of Infant Toy of the Year Award.

- A musical whale that glows with a soft light and projects a underwater effect on the bedroom ceiling
- Has two soothing sounds: gentle melody or whispering waves, and a 23 minute timer
- Comes with an adorable cuddly stuffed baby whale rattle to keep your child company for an even sweeter night

It's no secret that Cloud b helps children sleep peacefully at night (a benefit to the entire household)! That's why the Cloud b's sleep friends make the PERFECT holiday gift this year.

Available at:

West Coast Kids, Babies 'r Us and other toy stores throughout Winnipeg

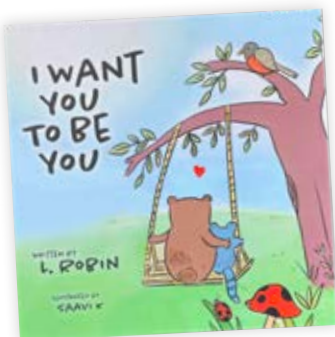
Price: \$73.00+

Continues on next page »

Holiday GIFT IDEAS FOR TEACHERS

My favorite gift to give for my kids' teachers and caregivers are books for their classroom library, with a handmade bookmark and special note inside from my child. Many teachers and daycares pay for books and supplies for their classrooms. Your gift will not only help the teacher build their library but be a great gift for the kids in the classroom for years to come.

Choose one of the fabulous Winnipeg authors we have highlighted in this month's Winnipeg Parent!



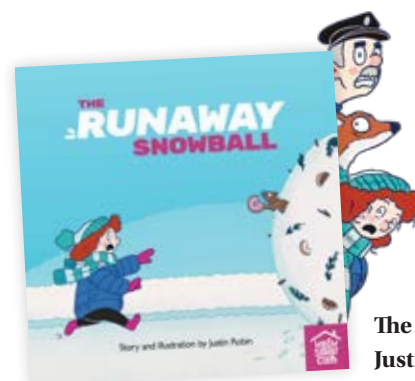
I Want You to be You
L. Robin

Snuggling up with a good book during the holiday season – what could be better? I Want You To Be You is a popular bedtime read, a story time hit, and a show-and-tell favourite!

Written in rhyming verse, this colourful and endearing picture book (with colouring pages at the back) is perfect for children and their caregivers to openly share and welcome all feelings.

Makes a great stocking stuffer for young readers! Or a thoughtful gift for a new parent or teacher in your life! And when you purchase a copy, 25% of proceeds are donated to Kids Help Phone.

www.lrobinbooks.com



The Runaway Snowball
Justin Robin

There's nothing like a little competition to sweeten the season. Throw in adventure and humour, and you have a story that kids will want to read over and over again!

Cover-to-cover, this book is filled with rich and engaging illustrations. Readers can also look forward to fun introductions to the book's featured characters and a detailed map of the town that everyone can follow along as they enjoy Rosie's exciting adventure.

But *The Runaway Snowball* is more than a good time, it also conveys good messages to children like the value of perseverance and the big impact that can come from someone so small.

linktr.ee/willowstreetclub

Holiday Gift Giving Guide cont.**Little Big Friends Musical Friends and Tiny Friends**

These adorable soft textured, PVC free animals are the perfect gift for newborns and toddlers this holiday season.

Musical friend, Vincent the Elephant has a built-in music box that plays lullabies. He is larger, but still perfect for little hands to hold. Each musical animal friend plays a different tune, collect them all. Looking for a cute stocking stuffer, Tiny Friends are your go-to toy.

All Little Big Friends animals have beautiful, muted colours, rounded edges and a soft feel. Easy to clean, they are great for play and stylish for your nursery! A Top Parent Magazine award winner!

Available at West Coast Kids, Indigo and more.

Price Range: \$19.99 and up

**Think outside the box this gift-giving season!**

Annual memberships to museums and local attractions.

Shop the gift shops of the Manitoba Museum, Children's Museum and the Royal Aviation Museum for unique finds.

Manitoba Museum is a must!

Looking for locally made good, inspiring gifts and a unique selection of Museum merchandise, visit the Manitoba Museum Shop to discover local treasures and more!

Shop in person or check-out our new online shop.

Use promocode WPGPARENT15 online or in-store to save 15% off your first purchase (until January 8, 2024).

Annual Memberships are a great gift!

Be a part of something greater with a membership at the Manitoba Museum.

With a Manitoba Museum family membership, our three core attractions will provide exciting family getaways for the whole year for just \$99 (until January 7, 2024)

Manitoba Museum Gift Shop
190 Rupert Avenue
manitobamuseumshop.ca

Memberships
manitobamuseum.ca/membership

**CreateHER Kids Crafts**

CreateHER modern kids crafts have wonderful, inspiring themes to encourage originality and freedom of expression in young women and girls.

The Paint by Number 8"x10" canvas craft kits take crafting to the next generation. With powerful messages of strength and awesomeness, your special girl can make it her own.

Looking for a quick stocking stuffer for parents? Bites of Brilliance Empowerment Lunch Notes are a Winnipeg Parent favorite! Who doesn't want a little surprise encouragement through the day? These little note cards can be packed into a lunch kit for a whisper of love and good feelings through the day!

CreateHER is a women-owned small business that donates a portion of their proceeds to non-profit organizations that work to empower girls across the globe.

Contact them:

Website: kidscrafts.org

Email: hello@kidscrafts.org
[@kidscraftsllc](https://www.instagram.com/kidscraftsllc)

The Gift of Literacy - Patricia Bal, Winnipeg Public Libraries

A library card from the Winnipeg Public Library is great gift to give yourself and your family. You can use it to borrow items at any of our 20 branches and to access our digital catalog with audiobooks, eBooks, and even movies. Cards are free to anyone who lives or pays taxes in Winnipeg.

You can also explore the programming and events calendar for our library branches. Everything is free and registering for them can make a fun family gift idea.

If you want to get your family into the holiday spirit, Holiday Baby Rhyme Time is running at Westwood Library on December 14. For slightly older children, Holiday Toddler Time is running on December 12 at Westwood Library and December 14 at Bill and Helen Norrie Library.

If you are still looking for more gift ideas, join us for Next Page Live!, an online program where Library staff share their recommended reads with you. The theme for the December 4 program is "Reads that make great holiday gifts". To register for any program at the library, phone, visit, or go online at winnipeg.ca/library



**WE ARE
INQUISITIVE
WE ARE
SJR**

**JUNIOR SCHOOL OPEN HOUSE | K-GR. 5
10:00 A.M. | SATURDAY, JANUARY 13, 2024
APPLICATION DEADLINE | JANUARY 26, 2024**



12 Stocking Stuffer IDEAS FOR ACTIVE KIDS

By Susan Scandiffio
Active For life contributor

At Winnipeg Parent we love stocking stuffers! We can't wait for those fun little knick-knacks that Santa brings down the chimney on Christmas morning. In Winnipeg, you can help Santa and find these ideas and more at Toad Hall Toys, Kite and Kaboodle, West Coast Kids, Scholars Choice and other toy stores.

Susan Scandiffio, Active for Life contributor has put together this fun-filled list and has you covered with some fabulous active stocking stuffer ideas!

1. Waboba Airlyft

Age 6+ | \$9.99
Throw the Airlyft over or underhand and watch it fly over 100 feet!



2. Baby Einstein Outstanding Opus Sensory Rattle & Teether

Age 3 months+ | \$12.99
Easy to hold, your baby will love shaking, rattling, and teething on this bright and colourful toy.



3. Jumbo Magnifier

Age 3+ | \$9.99
With this JUMBO magnifier, your child will want to size up bugs, plants, stones, and everything else they find as they explore the great outdoors.



4. Wrist Bells

Age 3+ | \$4.99
With an adjustable Velcro band, kids of multiple sizes will love jingling (and mingling!).



5. Ziparang

Age 5+ | \$6.00
This four-pronged boomerang flies up to 10 feet, spins around, and returns to the happy thrower. Made of soft foam, it's a toy that can be used indoors or out without fear of damaging your furniture.



6. Yo-Yo Fling Zing

Age 5+ | \$2.99
With a flick of their wrist, your kid will light up as a paper sheet extends nine feet.



7. Extreme Parachuter

A *Winnipeg Parent* Favorite!
Age 3+ | \$8.99
With a cord that won't tangle, this extreme parachuter can be thrown again and again.



8. Speedo Superflyer Kids' Swim Goggles

Age 3-8 | \$12.99
Keep your little swimmer's eyes free of chlorine or open for searching for underwater treasure with these leak-proof goggles.



9. Seed Pop Pollinator

A *Winnipeg Parent* Favorite!
Age 3+ | \$9.99
(Available only at the WAG Gift Shop or on-line)
It couldn't be easier—unwrap a seed pop and place it in the ground or in a container. Your kids can learn about the importance of pollinators as their beautiful wildflowers grow.



10. Goofy Foot Kids' Jump Rope

Age 6+ | \$2.29
A skipping rope can be used for SO many activities and games. This bright and colourful rope is flexible and easy to adjust for jumpers of different heights.



11. Hape Elephant

Age 12 months+ | \$13.99
This super cute elephant is the perfect toy to push, pull, or carry. Made of solid maple, it will stand up to falls, bangs, or squishy hugs!



12. Metallic Return Ball

Age 5+ | \$4.99
Toss the brightly coloured ball attached with an elastic string to a cuff and try to catch it as it returns. Kids will love the challenge!



STAY ON TRACK WITH VACCINATIONS

PROTECT YOUR FAMILY AGAINST RESPIRATORY VIRUSES

The respiratory virus season caused many children in Manitoba to land in hospitals last year. You can help protect them with updated COVID-19 and flu vaccines, now available across the province. It's safe and effective for children 6 months and older to get the COVID and flu vaccines at the same time.

Make it a priority for the whole family. Book your appointment today by:

- speaking to your pediatrician, primary health care provider or pharmacist
- calling 1-844-626-8222 or
- using our online booking tool

Scan to find a location near you.
manitoba.ca/protectMB

Lil Lippy: Beautifully Local

By Alisha Talbot
Lil Lippy Owner

A local makeup artist is flipping the script when it comes to norms in beauty with a new children's line of gender neutral 'play make-up'. Alisha Talbot launched her new skincare line this year.

After nearly two decades as a professional makeup artist, Alisha has seen both the good and bad of the beauty industry. Having made the switch herself to all-natural skin care products a long time ago, she knew all too well the importance and the benefits they have. For all the natural products out there, Alisha still couldn't find cute, clean and FUN natural skincare and play makeup for her daughter.

Lil Lippy's fun coloured lotions and lip balms are all Natural, Toxin Free, Vegan, Cruelty Free, without parabens or phthalates and are free of synthetic fragrances and dyes. Their made of trusted ingredients that the skin loves and focuses on creativity, imagination and play. Girl or boy, every kid in Canada's harsh climate needs a boost of moisture.

The initial line is comprised of six products. There's Invisible Me an unscented potion that softens skin with satisfyingly safe ingredients. They work hard without you noticing - except for a hushed hue of blue that becomes invisible upon use. Monster Melon smooths skin with a naturally scented watermelon-y lotion. Bursting with monstrously yummy ingredients the melony-tinted cream keeps skin supple, smooth and hydrated all day long. Each of these lotions also have plant based lip balms to make a set perfect for gifting littles to.



Photo credit: Symon Ptashnick

"Girl or boy, every kid in Canada's harsh climate needs a boost of moisture."

The shimmer bug play line set has been a huge hit for those that have a fondness for sparkle. Give your lips a lil shimmer and shine with the shimmer bug lip balm. It's created with good-for-you ingredients that make your pouter pop. The all natural vanilla flavoured set is yummy enough to eat and leaves you shimmering brightly with a lotion that spreads your shine.

Lil Lippy is proudly made in Manitoba and is locally sourced where possible. From design to manufacturing it was important to Alisha she use as many local businesses to work with as possible. The Lil Lippy team is out this holiday season at local markets and available online at www.lillippy.com. You can also find Lil Lippy at three brick and mortar locations here in Winnipeg, The Forks Trading Co. at The Forks Market, Made Here in the Richardson building and Scout Coffee on Rothesay.

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NEW E-NEWSLETTER MONTHLY!

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A Beginner's Guide to Meditation for Calming the Mind and Emotions



The fight-or-flight response depresses our immune system, disrupts our sense of social connection, and leads to poor decisions due to muddled thinking.

If you or anyone in your family is suffering with difficult thoughts and feelings, you can try the following techniques to calm the mind and emotions.

Note: While these techniques are fine to do with children, you might want to practice alone first.

First: Sit comfortably upright

1. Start by finding a quiet space where you can sit comfortably upright without interruption.
2. Either sit normally on a chair, or if you prefer, sit with your legs crossed on your bed or sofa. (If you're sitting cross-legged, place a firm cushion or folded blanket under your seat, so your legs are somewhat lower than your tailbone.)
3. Sit upright with your back straight. Not rigid and tense, but straight.
4. Draw your chin and head back, so your head is balanced on your shoulders and you're not straining to support your head.
5. Draw your shoulders back and rest your hands on top of your thighs, where your legs meet your hips.
6. Let your hands sit like two cups, palms facing upwards, fingers relaxed.

Next: Practice three to four calming breaths

1. Close your eyes and focus your attention at the point between your eyebrows.
2. Start your meditation with three to four deep breaths as follows:

3. Inhale through your nose for a count of approximately four to five seconds. Imagine that you're inflating your belly first, then your lungs.
4. Hold the breath for approximately five to eight seconds. As you hold the breath, tense all of the muscles in your arms, legs, and abdomen.
5. Exhale the breath for a count of approximately four to six seconds, releasing the tension in your arms, legs, and abdomen as you exhale.
6. It's not overly important whether you exhale through your nose or your mouth for these opening breaths. Nose exhalations are best, but do what feels comfortable to you.

Body scan meditation

1. After the calming breaths, let your breathing find its own natural rhythm. You might feel comfortable continuing to inhale and exhale slowly, or you might feel comfortable breathing slightly faster. Follow what your body wants to do.
2. Begin your body scan by focusing your attention on the area below your belly button. What do you feel there? If there's tension, imagine that you are breathing "into" that place and releasing the tension. Maintain your attention there for one minute.
3. Next, put your attention on the region of your belly button. What do you feel there? If there's tension, breathe into it. Maintain your attention there for one minute.
4. Now put your attention on your solar plexus, at the bottom of your chest sternum. Again, if you sense tension, breathe into it and feel yourself releasing it. Notice any tension in your shoulders at the same time. Do this for one minute.

5. Next, place your attention on your throat. Observe whether you feel any tightness there. Focus your breathing in that area for one minute.
6. Now focus your attention at the point between your eyebrows. If it helps to maintain your attention, imagine a small light there. Breathe into that point for one minute.
7. You've completed a basic body scan. You can stop meditating, or if you want to continue, you can do so. You can continue to focus on the point between your eyebrows, or you can revisit the other places that you already scanned. Follow what feels natural for you.

If you or your children are passing through a difficult time, try meditating once each day for six to seven minutes. You might prefer to meditate in the morning, afternoon, or evening. If you would like to do more, you might try meditating at each of these times every day.

Three tips: Don't meditate if you are sleepy, when lying down, or if your stomach is very full. These things have a negative effect on your concentration.

If you find meditation difficult at first, don't give up. It's normal for your attention to wander when you first start to practice. Consider meditation like a "gym exercise" for your mind. You may need a few days of practice to feel the full benefits, but the payoff is worth the effort.

Jim Grove has practiced pranayama meditation for 40 years. An earlier version of this story first appeared on the Fire the Coach blog.

By Jim Grove
Active For Life Contributor

Life can be challenging for adults and children alike. Parents might face difficult experiences while working, raising their family, or moving about the community. Children often face anxiety around school, friendships, and family relations.

Each of life's challenges are capable of producing a range of emotions. If you ever find yourself struggling with fear, anxiety, anger, or grief, you may find meditation helpful for calming your spirit and bringing you peace of mind.

Fear and anxiety can be particularly troublesome. These emotions trigger our nervous system's fight-or-flight response, and unless we're being chased by a Bengal tiger, they aren't helpful to us.

Hey new moms and veteran moms! (And dads too!)
A weakened pelvic floor affects your daily life and how you feel.

Everyone should be able to laugh, love, dance, and move with confidence and without fear of a little... oops!

Emsella is a non-invasive treatment to strengthen your pelvic floor which takes place with your clothes on! Sitting on this "miracle chair" you will strengthen the muscles in your pelvis, going home stronger every time, taking care of yourself for today, tomorrow, and into the future.

Emsella is a game changer.

Come see us at The First Glance to find out more about the Emsella - a breakthrough in pelvic floor health.



THE FIRST GLANCE

1851 Grant Avenue in the Kenaston Village Mall
Phone 204-885-1419

Scan to visit our website!



Attention Parents: An Important Word About Toys

By Dr. Matthew Anderson
Developmental Optometrist

It is time to find presents for our kids for the holidays. Most parents try to find toys that are not only fun, but are either educational or help with overall development. Fortunately, many toys play a vital role in not only overall development, but also visual development.

When children play too many computer games and watch too much TV or movies, they don't get the necessary opportunities to develop the visual skills that are critical to academic success. We have seen a lot of children throughout the year, who were struggling in school because of poorly developed visual skills. Fortunately we were able to help them, but we know there are millions of children out there who are still struggling.

Keep in mind that seeing 20/20, or passing a vision screening, only means that your child can see the letters on the eye chart she is supposed to see from 20 feet away. Vision screenings do not test all the visual skills vital for learning. There are more than 17 visual skills in addition to being able to see "20/20" which are vital to reading and learning.

Most toys are designed for play within a distance of 18 to 24 inches. Visual developmental also requires outdoor activities, such as playing catch, T-ball, badminton, tennis, etc.

This holiday season, you can help your child by looking for toys to help with:

- Building eye-hand coordination
- Shape and size discrimination (important for reading)
- General movement skills (for everything from writing to sports)
- Space and distance judgments (crucial for driving and sports)
- Left/right awareness (vital in avoiding reversals)
- Visual thinking
- Visualization
- Visual memory skills (enable us to develop concepts)

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

Here are some toys that help to develop many of the visual skills required for reading and learning, in addition to helping with overall development:

3 - 5 Years:

- Lego® Duplo®
- Stacking Peg Board Set
- Imaginets (Mindware)
- Bean Bag Toss Game
- Kid K'Nex

6 - 8 Years:

- Ring Toss
- Marble Runs
- K'NEX Imagine
- Hasbro Jenga Classic Game
- Osmo kit

9 - 14 Years:

- Set: Family Game of Visual Perception
- Ladder Ball Set
- Suspend game (Melissa & Doug)
- Loopz™ games
- SmartGames Quadrillion

Wishing you a fun, safe, and healthy holiday season by encouraging your children to round out their activities with some of these tried and true games. If you find your child doesn't like these games, or struggles with reading and learning, it could be a sign of a vision problem. In which case you should schedule a vision evaluation with a developmental optometrist who provides in-office vision therapy programs that are designed to help children develop the visual skills necessary for learning. To find one near you, visit: www.visiontherapycanada.com

For more information on the 17 visual skills required for academic success and vision therapy, you can visit: www.covd.org/visual_skills or www.grandvisioninstitute.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.



GrandVisionInstitute.com
GrandVisionTherapy@gmail.com
303-2200 McPhillips Street Wpg, MB R2V 3P4

Call Today

To schedule a developmental vision evaluation

204-633-5566

Anderson family vision care

Don't let your benefits run out before the calendar does!



LOOK AND SEE YOUR BEST THIS HOLIDAY SEASON

Winnipeg North
90-2200 McPhillips St.
204.633.7482

Winnipeg South
2265 Pembina Hwy.
204.275.2015

Selkirk
353 Main St
Selkirk, MB R1A 1T5
204.482.3713

Steinbach
258A Main St
Steinbach, MB R5G 1Y8
204.326.1388

Pine Falls
19 Pine St
Pine Falls, MB R0E 1M0
204.367.2390



AndersonVisionCare.ca

Support Services for Families

Contact Health Links-Info Santé
at 204-788-8200 or 1-888-315-9257

Mental Health Virtual Therapy Program
<https://manitoba.abilitictb.com/home>

Kids Help Phone
(national line available to Manitoba Youth)
<https://kidshelpphone.ca/> 1-800-668-6868

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

Crisis Lines

Klinik Crisis Line
<http://klinik.mb.ca/crisis-support/KlinikCrisisLine> 204-786-8686
or 1-888-322-3019 TTY 204-784-4097

Reason to Live: Manitoba Suicide Prevention & Support Line
1-877-435-7170 (1-877-HELP170)
Local number: 204-786-8686
reasontolive.ca

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



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Starting February 4th • Ages 6-9, 10-13

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Starting January 8th • Ages 13 - 18

Overcoming Anxiety

Starting January 8th • Ages 7-9

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Cancer Screening Saves Lives!

By CancerCare Manitoba Screening Program

Cervical cancer is caused by Human Papillomavirus or HPV. HPV can be transmitted through any current or past, wanted or unwanted, skin-to-skin contact between one person's genital and another person's genital, oral, or anal areas.

Three out of four people will have at least one HPV infection in their lifetime. Most infections will disappear on their own. When they do not disappear, changes caused by HPV can be detected with a Pap test and treated before they turn into cervical cancer.

The HPV vaccine provides protection against certain types of HPV that can cause genital warts, cervical cancer, as well as cancers of the mouth, throat, anus, vulva, vagina, and penis. If an HPV vaccine is received before sexual contact, it will be almost 100% effective in preventing infection. Students in grade 6 are offered the HPV vaccine in school.

The impact of HPV related cancers is significant. Anita from Morden, Manitoba says

"What I would really love for parents to know is that I lost someone I loved dearly because of cervical cancer. She was someone who was with one partner her entire life, in a committed relationship. Her faith was really important to her. But she still had HPV and because of that she died at the age of 39. Had this vaccine been available to her when she was in grade 6, she would still be here to raise her girls."

The Manitoba Immunization Program provides free HPV vaccination to:

- Females born on or after January 1, 1997 and
- Males born on or after January 1, 2002.

It also covers HPV vaccination for individuals who meet the additional eligibility criteria on the Manitoba Health HPV Vaccine Eligibility page.

Cervical cancer can also be prevented by getting a Pap test every 3 years if you are age 21-69 and have ever had sexual contact. Book an appointment with your doctor or nurse to get vaccinated. To find a Pap test clinic near you and for more information, visit cancercare.mb.ca/cervixcheck or call CervixCheck at 1-855-95-CHECK (952-4325).

"Three out of four people will have at least one HPV infection in their lifetime."

Evaluating Your Priorities for the Holidays

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

We were spoiled with a surprisingly late extended Fall as some people were wearing shorts in November, yet living in Manitoba a cold winter is inevitable. However, winter is often synonymous with the holiday season and then comes the commercialization bombardment of gifts. What often gets neglected in the process, especially with our children is giving back exhibiting acts of kindness. We tend to preach that certain priorities are important during the holiday season, yet some of the core values that we embody and try to ensure our children take on, become lost. We are living in a very tense world right now and exuding kindness can do more for us physiologically than we tend to realize.

"What often gets neglected in the process, especially with our children is giving back exhibiting acts of kindness."

We are raising our children in a world of instant gratification and ignoring core values that emphasize giving without any need for receiving. Often empowering our children and teenagers to give altruistically can spike an endorphin rush leading to the improvement of their mood and overall level of happiness. As we are living in a world that has been revealing a lot more hatred and negativity spread across the World Wide Web, perhaps this year, stop, step back and focus your holiday themes

of our children giving back through their own acts of kindness, acts of service, and acts of emphasizing more positivity. Instead of heightening emotions in anticipation of what you may be "getting" rather focus on what you can be giving. The type of giving that does not come wrapped in a box with wrapping paper but more so with depth, intention and a focus on others to help spike an energy of positivity selflessness that we have been missing.

It is time to stop, step back, and think about what values need to be prioritized over the coming weeks. Take that time to slow down, remove yourself from various forms of social media that attempt to portray some idyllic image of what these holidays mean to you and your family and instead get real, authentic, and genuine with your children about giving back to others BEFORE they are ready to receive anything. Evaluate how many of the pictures that you post online of your family involving giving to others versus what your children are receiving. The many acts of kindness that your children can engage in over these holidays can range from preparing or delivering food for people, giving gifts to others less fortunate, initiating and engaging in conversations with people, and most importantly slowing down to smile. These simple acts can shift a mood and mindset for the sender and receiver. Most importantly, prioritizing acts of kindness can give a different meaning to psychological well-being during a time of year that is not easy to keep balanced. Focus less on where you may be going this holiday season and shift to who you will be with and what will keep you most present.



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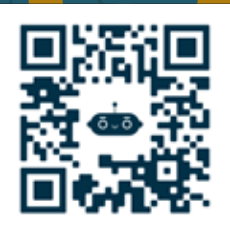
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Healthy Holiday Traditions: Beyond the Plate

By Janine LaForte
Registered Dietitian

The holiday season has arrived! Families can make the most of this wonderful time of year by creating lasting memories through meaningful and healthy experiences. Food plays an integral part of our holiday traditions. We look forward to special meals and snacks that we only eat this time of year.

I encourage you to think beyond the plate this season. Try these simple ideas to engage your children in festive activities and be inspired to create new healthy holiday traditions.

1. Embrace family meals

Some of our fondest memories happen around the dinner table. Sharing meals is an excellent way to bond and connect with loved ones. Remember, a family meal does not have to be limited to supper; it can be breakfast, lunch or even a snack.

Holiday tradition: Consider organizing a 'Family Dinner Party'. Each family member is responsible for selecting and preparing one dish. Use your fancy dinnerware, dress up, light candles, and play music. The goal is to make it special and fun! Visit the 'Real Life Nutrition' Blog for more details.

2. Get your kids in the kitchen

Make the most of your extra time during the holidays by involving your kids in mealtime tasks. Take them grocery shopping, pick out a new veggie or fruit, look through cookbooks and prepare a recipe together.

Holiday tradition: Turn your kitchen into a festive cookie decorating studio. Bake cookies together, make icing and provide a variety of sprinkles and toppings. Spend an afternoon creating unique and artistic holiday cookies to share at all your festive events. Your kids will be proud when their cookies are served to your friends and extended family.

3. Bundle up and get outside

We live in a very cold climate and it's easy to spend days on end indoors. Being active outdoors as a family can help make the winter feel more bearable and boost everyone's mood. Look for activities the whole family can enjoy such as a winter hike, ice skating, sledding, or having a good old-fashioned snowball fight.

Holiday tradition: Organize a winter scavenger hunt where your kids can search for hidden treasures like, pinecones, animal tracks and perfect snowflakes.

4. Participate in acts of kindness

The holiday season is an ideal time to teach your kids about kindness and compassion. There are countless opportunities to volunteer, cook meals, or bake cookies for those in need. Encourage your kids to participate in these acts of kindness and you'll create lasting memories while making a positive impact on your community.

Holiday tradition: Fill a hamper for a family in need. Collect food, gifts and holiday treats for a deserving family that could use some extra help during this time. Work as a group or an individual family to fill the hamper. Encourage your kids to write letters or create holiday cards to include in the package. This not only helps a family in need, but also teaches your children the importance of empathy, giving and the true spirit of the holidays.

I encourage you to take advantage of this time of year to enjoy your holiday traditions and make room for new ones. It's the traditions that make this season so special. These cherished moments teach kids your family values, offer them a sense of security, provide a source of identity, and strengthen family bonds. Ask your kids what they love most about this time of year, and I bet they'll mention your family traditions.

Cheers to a warm and wonderful holiday season!

Need more ideas and inspiration to create healthy habits for your family? Follow along @reallifenutrition.rd on Instagram or Facebook for your daily dose of Real Life Nutrition.

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
Email: janine@reallifenutrition.ca

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

PRINT ISSUE SCHEDULE

Jan / Feb: Winter Issue / Teen & Tween Issue Deadline: December 13th Distribution: w/o Jan 2 & Jan 8 (schools)	Mar / Apr: Spring Has Sprung Issue, Bike & Water Safety Deadline: February 23rd Distribution: March 8th
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DIGITAL NEWSLETTERS

Feb	Deadline: Feb 1st E-Blast: Feb 6th	Apr	Deadline: Mar 28th E-Blast: April 2nd	Jun	Deadline: May 30th E-Blast: June 4th
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For more information email:
winnipegparent@bouncedesign.com
or call: 204-771-2249





Craft a Pipe Cleaner Holiday Tree!

This holiday craft is not only fun, but it also helps build fine motor skills and patterning with your little ones.

What You Need

- Pipe Cleaners (Some long and some short for the stumps)
- Perler Beads (or any other beads you have around the house)

Here are the 5 simple steps:

Step 1
Take one pipe cleaner and bend it in the middle

Step 2
Add the perler beads in a pattern on both sides of the bend

Step 3
Now bend each side slightly at the bottom so they overlap in the middle at the base of the tree

Step 4
Take your short pipe cleaner and bend it in half

Step 5
Fold the short pipe cleaner over the middle 'overlap' and create the stump.



Finally
We use them as decoration until we give them away on December 24th. We fill a bowl with 'snow' (white rice) and stick our holiday trees in the 'snow' to make a small colourful holiday forest. On Christmas Eve we give them to family as gift toppers and tree decorations.

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Celebrate the holidays by paying it forward with our December Kindness Calendar

>< TAKE ONE!

December Kindness Calendar

1	Draw a picture for someone special.
2	Do something nice for a stranger.
3	Collect sticks and pinecones, make a winter collage
4	Write a letter to Santa
5	Give someone a hug today
6	Help with a chore
7	Donate a toy to a local charity
8	Watch your favorite holiday movie.
9	Bake cookies
10	Take a cookie treat to your neighbour
11	Make and hang paper snowflakes
12	Go outside and feed the birds
13	Make kindness cards for your friends
14	Call your favourite person to say hello
15	Build a snowman with your family or friends
16	Make your bed
17	Wrap gifts and listen to holiday music
18	Go for a walk & look at the holiday lights
19	Smile at everyone you pass
20	Write 5 things you are grateful for
21	Hold open the door for someone
22	Play a family board game
23	Family holiday movie night
24	Snuggle up with a cup of hot cocoa & sing carols

Begin a new holiday tradition through the month of December with our Kindness Calendar. Each day features a simple gesture of thoughtfulness, or an activity to participate in. Cut it out and put it on your fridge. When the day has been completed, mark it with a sticker or coloured pen. Join us in spreading kindness and good cheer this holiday season!

WP suggestion: everyone that spreads goodness that day receives a small chocolate treat (like a Hershey's Kiss or After Eight) to eat, share or save.



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EXPLORE EVERY STORY: Science in the Snow

By Mike Jensen - Programs and Volunteer Coordinator, Manitoba Museum

When thinking of activities to do on a bright Winter's day, science doesn't usually come to mind. Surprisingly, science is at work with almost every fun pastime you can conduct out in the snow. You just need to know what to look for!

Of course, the first thing you think about as you zoom down a snow-covered hill on your favorite toboggan is physics, right? Well, it should be, because the laws of physics are actually in the driver's seat when you are careening down a slope with no brakes. Next time you hit the slopes, conduct some experiments.

Do you go faster with more or less weight?

Does the shape or type of material of your toboggan affect how fast you go?

Does a steeper or gentler slope make a difference to your speed?

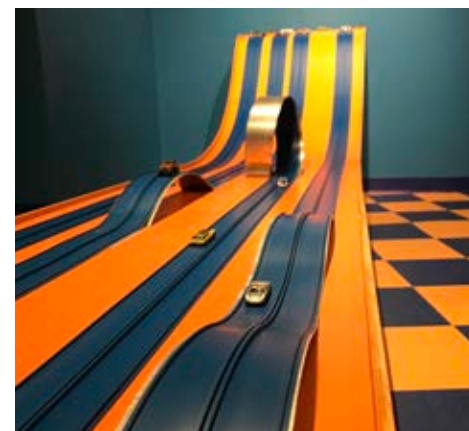


Whether you toboggan or tube will affect your speed, but the fun remains the same! ©Jillian Hanstead

Once you are done experimenting with your sled, shore up your engineering skills by building a snowman. Surprisingly, it's not as simple as you think. Here are some science and engineering factors to consider when making Frosty in your front yard.

- **Moisture content.** Snow can be too wet or too dry, so having the right amount of water to ice crystals can make or break your construction. Water is the glue that sticks the ice crystals together.
- **Pack it down.** This actually melts some of the snow, which then re-freezes and helps to bind the snow together.
- **Watch your center of mass.** There's a reason the largest snowballs go on the bottom. Don't go making Frosty top-heavy, otherwise you risk catastrophic failure.

After you've had your fill come put your new-found science and engineering skills to the test at the Manitoba Museum's Science Gallery. Design and build your newest creation at the LEGO brickyard, or see if you can be the first to cross the finish line at the Engineered for Speed Race Track!



Explore the physics of gravity with a Hot Wheels race at the Science Gallery. ©Manitoba Museum



Try your hand at building your own LEGO snowman in the LEGO brickyard at the Science Gallery! ©Manitoba Museum



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WILLOW STREET CLUB by JUSTIN ROBIN



Scan here to read more!

WINNIPEG PARENT

BOOK SELECTION OF THE MONTH



Illustrations from "The Runaway Snowball"
©Justin Robin

The Runaway Snowball by Justin Robin

It was just another winter Saturday for Rosie when she entered a contest to make the town's largest snowball. But as it got bigger, it got a mind of its own and **rolled away!** Join Rosie on her chase for the growing snowball - and the great prize it represents.



Justin's book was a huge hit with my Grade Ones! I thought it was cute. Simple, but effective. The class was really engaged and I like the way he introduced the characters before the story. My Class gave it 5 stars!

Anna - Grade One/Two Teacher in Winnipeg



Comments from the Students:

It was so good I wanted to hear more, I loved it!

- Laila

I loved the book because Justin is a good author.

- Carmen

I loved it and I want to do the same contest!

- Hymie

I loved your book because I love making snowballs!

- Benny

I loved it because it taught a lesson even if you are little you are still strong.

- Charley

I liked your book because I like big snowballs!

- Aviv

I liked the book because I liked the illustrations.

- Ethan

I liked your book because I like making snowballs and I like drinking hot chocolate!

- Hudson

I loved your book because you are a good writer and it was funny when the squirrel ate the donut!

- Catarina



About The Author:

Justin Robin is an illustrator and graphic designer from Winnipeg, Manitoba. As a kid, Justin would spend much of his time creating worlds with their own histories and characters that populated them. He loves nothing more than to tell engaging stories and drawing new worlds to life!

Winter Early Literacy Programs at Winnipeg Public Library January 22 - March 18

- 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.

Registration opens Monday, December 11.

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



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