

# WINNIPEG PARENT

THE ULTIMATE CAMPS ISSUE

## Summer Camp Super Guide 2024

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

## Remove the Bubble Wrap

*And Plan More Adventures*

## Engaging Kids in the Kitchen

*The Key to Raising Healthy Eaters*

## Walk Your Talk

*Teach Your Kids Gratitude*

7

*Mistakes to Avoid When Decluttering Your Home This Spring Season*

## Smart In Everything But School:

*Is It Your Child's Vision?*

SEE INSIDE FOR  
OUR BOOK  
SELECTIONS OF  
THE MONTH!







# the publisher's Pen

## Here we are...already in March and spring of 2024!

We Winnipeggers have been exceptionally lucky for incredible weather this year (although not if you like the winters). As we get closer to Spring, this means even better weather, spring break with the kids, spring cleaning and all things sunshine.

This issue of Winnipeg Parent will help you find fun things around Winnipeg to keep the kids entertained, particularly that last week in March. Spring and summer camps are highlighted in our special camps section to make planning for upcoming school breaks a breeze.

And with Spring comes one of my favorite things... spring cleaning! It feels amazing and fresh to deep clean and de-clutter, getting ready for that inevitable spring garage sale. Get the family involved and make it something rewarding for everyone. Let us help you get started with our 7-Tips to Help You De-Clutter. Then, check out our Kids Fun Zone. We have included a unique family art project to help you create something unique with those fun things you found de-cluttering!



Now it's time to go open those windows and let the fresh air and sunshine in!

*Dana*

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**On the Cover:** Young boy holding his umbrella.  
Photo credit: Amanda Gundrum

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# 7 Mistakes to Avoid When Decluttering Your Home This Spring Cleaning Season

By Christina Giaquinto  
Professional Organizer

The spring cleaning season is always such a great time to refresh your home and everyday lifestyle. Are you already planning to deep clean your carpets and rugs, clean all of your home's windows, and wipe down all counters and cabinets? These are all fantastic steps to take, but have you thought about taking the time to declutter each room? You may not know it, but if you have a cluttered home, you are unknowingly hurting your mental wellbeing.

It's true — clutter takes up physical space, uses your mental energy, and can amplify stress and anxiety. In my experience as the Professional Organizer and Brand Ambassador of Modular Closets (a DIY customizable closet system that organizes any space in your home), I have found that decluttering and organizing your home is one surefire way to live healthier and happier. That said, if you want to declutter your home this spring cleaning season, avoid these blunders:



## 1. Thinking You Need to Throw Everything Away

Oftentimes, when one thinks of decluttering, they falsely assume that any and all clutter should just be thrown away. Their reasoning is that if articles of clothing and other clutter have been strewn around the home for a long time, the items are obviously not important and it would be easiest to just toss them out. However, don't make this mistake, as it can lead to unnecessary waste in landfills. You may also have friends and family who would love the items you no longer want, or you can donate them to charitable causes that need them.

## 2. Keeping an Item You Don't Need

On that same note, don't make the mistake of holding onto an article of clothing or other product because you think you might use it in the future. If the item has been sitting in the back of your closet or laying forgotten underneath your bed for months (or years!), then I recommend donating it, giving it away to a friend, or trying to sell it. You get the benefit of less clutter, and the item will go to someone who truly wants to use it. It's a win-win for you both! Don't let objects take over you — remember that you always control the items.

## 3. Starting the Decluttering Process Without Planning Piles

I get it — when you finally decide to declutter and organize your home, it can be tempting to just go all-in and start tossing all the items strewn about into one box to sort through later. However, you will streamline the whole process if you plan out your plies first — you can designate a pile of items you will keep, a pile to donate, a pile to sell, and a pile to throw away. Then, you can sort all of the items as you go — then you can easily box up the piles to donate to Goodwill or another organization, place all the items in the "Throw Away" pile into a trash bag, etc.

## 4. Decluttering With Everything Still in the Space

Many people make the mistake of decluttering their drawers, closets, and entire rooms with all of the items still in the space. Don't commit this blunder, as you can really optimize the decluttering process by first emptying out the closet / room / space before sorting the items. You will be much more cognizant of the items you decide to place back in the space and consider more if you really want to hold onto certain items you haven't used in a long time. Also, you won't overlook items that may be hidden under others.

## 5. Keeping Clutter for a Garage Sale That Isn't on the Calendar

Garage sales are a fun and effective way to rid your home of items you no longer need, make a little profit, and give someone else the chance to enjoy your old items at a very low price — as the saying goes, one man's trash is another man's treasure! However, if you want to hold a garage sale to sell your old items, it is absolutely key to schedule the day and time you plan to hold it. Otherwise, you may end up having to keep pushing the garage sale out as other obligations come up, all the while still holding onto a bunch of items cluttering up your space.

## 6. Decluttering Without a Goal and Intention for Your Space

Having a goal you want to achieve for your space will further optimize the decluttering process. Do you finally want to sort through that jumbled junk drawer in your kitchen? Are you ready to organize all of the clothes in your master bedroom's closet? Do you have a ton of makeup and other beauty products you really want to declutter and organize? Set your goal and declutter accordingly. This will prevent you from being distracted by any clutter in other spaces — as you achieve one goal, you can then set another goal for another space. One step at a time!

## 7. Decluttering Without a Snack On Hand

Trust me, decluttering and organizing any space can be tiring! This is especially true if you are moving heavy boxes and equipment around. So keep your energy and momentum up by having a tasty snack nearby at all times. This can also make the process more fun and enjoyable!

## To Wrap It All Up

Are you ready to declutter and organize your home this spring cleaning season? Good for you! You can make the decluttering process much more efficient by avoiding some common mistakes others make, like thinking you need to throw everything away, decluttering while everything is still in the space, and keeping clutter for a garage sale that isn't yet on the calendar. Also, do not be so hard on yourself, because this process is a lot! The fact that you are working on your space to make it better is truly such an accomplishment. Good luck!

*Christina Giaquinto is the Professional Organizer and Brand Ambassador of Modular Closets (DIY customizable closet units that organize any space in your home). Christina focuses on giving her clients the tools, methods, and techniques to transform their lives and homes through decluttering and organizing. She combines spiritual coaching and organizing to help her clients let go of things that do not spark joy and happiness. Her work has been featured on sites like Popsugar, Women's Health, Reader's Digest, Realtor, The Spruce and Yahoo. [www.modularclosets.com](http://www.modularclosets.com)*

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# VISIT THESE 4 FUN WINNIPEG LANDMARKS THIS SPRING BREAK!

- ### 1. The Manitoba Museum

Keep the kids busy with everything the Manitoba Museum has to offer.

Immersive galleries, interactive exhibits, thrilling shows, and stories you'll remember forever. Every path is an adventure waiting to unfold.

Visit the Manitoba Museum, explore the universe at the Planetarium and enjoy hands-on activities at the Science Gallery. Save 25% when you bundle all three attractions.
- ### 2. Winnipeg Public Library

Take in Winnipeg Public Library Spring Break Programs! Winnipeg Public Library is once again offering fun and interactive programming for kids and teens during Spring Break (March 23 to March 30).

Listen to a story time with an owl and falcon, try the art of macramé, learn how coding works and much more!

All programs are free, and registration is required. For a full list of programs, [visit winnipeg.ca/library](http://winnipeg.ca/library) and browse our calendar of events, or check out the March issue of our online program guide What's On.
- ### 3. Royal Aviation Museum

Looking for something to take you up and away? Visit the Royal Aviation Museum. This year's fly-est destination for spring break, where student and youth admission is 50% off from March 27 – 31.

Grab an official RAMWC Passport upon arrival, complete all the challenges, and submit your passport for the chance to win prizes!
- ### 4. Children's Museum

Check out the Children's Museum for a week of wellness for kids at their Spring Day Camp!

Join them for a week of wellness for kids at their Spring Day Camp! Each day they focus on how to keep mind, body, and environment healthy and strong. Kids can expect a week of non-stop fun including time in the galleries, our Spring Break Line-Up activities, games, crafts, and more.

Spring Day Camp registration is open to children in Kindergarten through Grade 4.

**Visit [www.childrensmuseum.com](http://www.childrensmuseum.com) to register.**





## BIRTHDAY PARTIES THAT ARE JUST PLANE FUN!

**Looking for a fun way to celebrate your child's birthday?** The Royal Aviation Museum offers a unique venue to host your high-flying celebration. Packages include admission for 15 people, free gift for the birthday child, choice of an activity, museum tours and more.



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## A Uniquely Creative Family Project: Spring Break DIY

By Spencer Brewer and Esther Siegel  
*Co-authors, psychotherapist and artist*

**D**o you find yourself wondering how to spend quality time together as a family in today's fast-paced world? You're not alone. With Spring Break coming up, Ester and Stephen have the perfect family project, using old stuff and clutter found in your home!

### A Uniquely Creative Family Project

With their experience as foster parents and Esther's expertise as a psychotherapist, the two recognized that families today often lack shared experiences. By taking clutter and transforming it into creative elements, assemblage art offers families a unique opportunity to interact with each other in a new and exciting context. Through workshops and interactions with various communities, Esther and Spencer have witnessed families breaking down barriers, shifting perspectives, and changing priorities as they worked together to create assemblage art.

Today, making assemblage art has emerged as an ideal DIY family project. It's a chance for families to bond, have fun, and be creative while transforming clutter into cherished art pieces.

### Creating Assemblage Art as a Family

To embark on your family's assemblage art journey, follow these steps:

#### Step 1: Hunt and Gather

Start with a scavenger hunt within your home. Each family member should find objects—old toys, dusty heirlooms, tools, broken jewelry, or items stored more than used. After the hunt, gather everyone to "show and tell" their found objects and decide whether to work on a single piece together or individual pieces.

#### Step 2: Discover Your Setting

Determine how your objects will come together into a finished piece. Should they fit within a picture frame, a box, or adhere to an unconventional surface? Allow creativity to flow freely during this stage.

#### Step 3: Bring it Together

Let ideas bounce around as your family members engage with the objects, arranging and rearranging them within their chosen setting. Once satisfied with the assembly, take pictures to preserve the original vision before permanent attachment.



#### Step 4: Make it Permanent

This step provides an opportunity for parents to teach kids how to use simple hand tools, glue, staplers, and more. Begin by attaching objects directly to the setting and allow sufficient drying time for glued or painted items. Use appropriate adhesives based on surface materials, such as E6000 for versatility, wood glue for wood, and epoxy for challenging surfaces. Prioritize safety and patience throughout the process.

In the end, your family will have a finished art piece or pieces to proudly display at home or share as special gifts. Each family member will take pride in their contribution, and the shared experience of creating together will strengthen your family bond.

### The Best Part:

No prior experience or special instructions are needed—just a willingness to repurpose objects creatively and rediscover the joy of spending quality time together as a family.

To get inspired, explore 'Lost and Found: Assemblage Artists of Northern California,' a multi-award-winning book that offers a delightful and thought-provoking tour into the world of assemblage art through the eyes and hands of eight prominent Northern California assemblage artists.

*Spencer Brewer, artist and Ester Siegel, psychotherapist and artist are the co-authors of Lost and Found: Assemblage Artists of Northern California. A portion of proceeds from the book will be used to help internationally-acclaimed assemblage artist Larry Fuente, who lost his 8,000-square-foot warehouse of finished pieces and art supplies to a devastating California wildfire.*





# Explore Unseen Worlds at the Manitoba Museum

By Manitoba Museum

The Manitoba Museum is renowned for its vivid portrayal of the province's rich and diverse history. Through its three core attractions, a human and natural history museum, planetarium, and science gallery, the Museum engages and delights visitors of any age, and provides hours of enjoyment for all in one easy-to-access location.

Take a journey through the stories of Manitoba's past and present

Explore incredible stories with a journey through the Museum Galleries that reveals the human and natural history of Manitoba. Delight in world-class dioramas and captivating stories of our province's human and natural diversity through immersive galleries showcasing our province's history from ancient to contemporary times.

Soar through the universe and touch the stars

Raise your eyes to the skies and experience worlds beyond your imagination. Revel under the dancing skies of the Planetarium as you explore distant planets, touch the stars, and learn about recent space discoveries.

Test the laws of science and the wonders of technology

Witness the mind-bending power of light in the Science Gallery's Matrix mirror room, speed around the track in a race car of your own choosing, or dive into the wonder of water with an award-winning interactive Lake Winnipeg experience.

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

Visit [ManitobaMuseum.ca](http://ManitobaMuseum.ca) to plan your visit today!



Scan here to visit our website!



Father and daughter experience the Planetarium.  
©Manitoba Museum



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## Planetarium

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

## Science Gallery

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

## Museum Galleries

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

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

## ManitobaMuseum.ca

190 Rupert Avenue, Winnipeg, Manitoba  
(204) 956-2830 | [info@ManitobaMuseum.ca](mailto:info@ManitobaMuseum.ca)





# Dance the Summer Away at the RWB this Summer

By Royal Winnipeg Ballet

Summer is coming and before you know it, you'll be looking for a summer camp to keep your children occupied and engaged!

The Royal Winnipeg Ballet School is offering Summer Dance Day Camp from August 12-23, 2024. Children ages 5-10 (Kindergarten September 2024) will be welcomed into our space in downtown Winnipeg for 2 fun-filled weeks.

Your children will try ballet, jazz, tap, hip hop and musical theatre – an ideal way to explore different dance styles before enrolling in their favorite class this fall and a great way to improve coordination, spatial awareness, motor and listening skills and independence. They will also have opportunities to learn routines to show family and friends, play games, create arts and crafts, and enjoy other exciting activities at the RWB's beautiful downtown building.

"I loved the camp because I love to dance. It was fun trying different types of dance - I really liked hip hop and tap. We even got to make up our own dances and perform them. I had fun doing art class and playing games with the other kids. I loved our camp counsellors - they were the best." – *Madison K, Summer Dance Day Camp 2023 participant*

"Summer Dance Day Camp was excellent! My daughter had so much fun. She came home excited each night to show off her new dance moves. She loved the dance teachers and thought the camp counsellors were wonderful. She really enjoyed the "behind the scenes" tours: getting to see the residence, courtyard and wardrobe department. All the staff were friendly and kind. I highly recommend it!" – *Madison K's mom*



This program, now in its second year, offers a fresh option for parents looking for new and exciting summer camp options for their children. If your child has never tried dance but is curious, this is a wonderful opportunity to try a bit of everything before committing to a full year in the fall.

"Summer Dance Day Camp allows children the opportunity to try several dance genres, make new friends, express themselves and build their confidence. We found that children who tried out Summer Dance Day Camp transitioned smoothly into the full year program after being able to test run classes and spend time at the RWB during the summer." – *Katrin Benedictson, Recreational Division Vice Principal*

Summer Dance Day Camp is offered in two different one-week blocks and you can attend one or both for only \$320.00 per week.

**August 12-16, 2024**

**August 19-23, 2024**

Classes run from 9:00 am-4:00 pm daily. Drop-off begins at 8:30 am and pick-up goes until 5:00 pm. Children are asked to bring their own nut-free lunches, snacks, and drinks for the day.

**Registration is now open. Visit [rwb.org](http://rwb.org) for more information and to sign up.**

## Summer Camp Super Guide 2024

Spring & Summer Camp programs are getting ready and set to welcome back campers of all ages! Are you looking for a day camp for your child? An overnight camp? Something in between? With so many camps to choose from, there is something for everyone. From nature and outdoors camps to soccer, hockey and dance, technology, art and music and so much more!

In this issue of Winnipeg Parent, you will find a great variety of Spring and Summer camps that are sure to interest your little campers of all ages!

### Balmoral AI Summer Program Taught by Stanford Alumni Hosted in Winnipeg

Inspirit AI is offering an in-person, 30-hour pre-college AI program hosted at Balmoral Hall School that teaches students in grades 7 to 12 fundamental AI concepts and guides them to build socially impactful projects such as safe ChatGPT bots, exoplanet search, disease diagnosis, and more! Stanford and MIT graduates in AI will be present in person from July 8-19, 2024 to teach. **Register: [winnipeg-inspirit-24.paperform.co](http://winnipeg-inspirit-24.paperform.co) Contact: Jared Greene, [jaredgreene@inspiritai.com](mailto:jaredgreene@inspiritai.com)**

### Camps With Meaning

Camps with Meaning provides a caring, safe, and fun environment where kids unplug from everyday routines, connect with each other, nature and God, and grow through challenges, conversations, and more. A variety of week-long programs are available for children and youth completing grades 1-12.

Our programs take place at two different locations: Camp Assiniboia (1/2 hour west of Winnipeg) and Camp Koinonia (south of Boissevain). Both camps provide incredible opportunities to experience and explore the great outdoors through campouts and nature programming. Other activities include swimming, archery, camp wide games, and daily worship and Bible teaching. On top of that, each camp has its own special activities and programs:

If your child loves getting their hands dirty, send them to Camp Assiniboia for Farm Camp Week. Campers will care for farm animals, dig in the garden, and make delicious food together. We also have a Day Camp option for grades 1-6 and a 2-night camp for grades 1-3. Other exciting activities at Assiniboia include camp skills, kayaking and a high ropes course!

Camp Koinonia offers a Junior High Canoe Out-trip, which includes an awesome 2-night canoe trip through Turtle Mountain Provincial Park. All campers at Camp Koinonia have the chance to learn how to canoe, scale the climbing wall and take a ride down our zip-line!

**For more information or to register please visit our website at [www.campswithmeaning.org](http://www.campswithmeaning.org) or give us a call at (204) 895-2267.**

### Canlan Sports

Looking to improve your hockey or soccer game and skill level?

Your path to better starts now. Practice makes progress, and that progress will give you the edge you need the challenge yourself and the competition. Our instructional training programs puts you on a progressive pathway with a unique curriculum to help you grow at your pace. Learn to skate, improve your hockey skills or learn and play soccer. Canlan Sports has everything from fun,

recreational to competitive leagues. Any sport, every age, and every skill level. Play is our way of teaching. We believe in making learning fun.

**Visit [canlansports.com](http://canlansports.com) for more information today!**

### Camp Nutimik – See It Close-Up!

You're looking at a masterful painting, taking it all in. You take a step closer. Then another. With each step you discover more detail, more excitement... from a distance the painting is beautiful, close-up it is captivating!

Camp is very much the same. It looks fun and exciting from a distance but wait till you're close enough to experience it! Camp is a place where kids can be themselves, experience the great outdoors, grow in character, learn new skills, and make amazing memories that will last a lifetime. So, while it looks great from a distance, just wait till you see it close-up... it's something you've just got to experience for yourself!

**Visit [campnutimik.com](http://campnutimik.com) to learn more!**

### Children's Museum

Experience non-stop fun at the Children's Museum's exciting, hands-on Spring & Summer Day Camps! Exploring new themes weekly, children can discover the world of possibilities around them as they create, learn, and play with others of a similar age. With indoor and outdoor activities, games, crafts, time in the galleries, and special guests, campers are sure to have a memorable week full of adventure!

### International Music Camp

Your child will have an unforgettable experience with an inspiring week at the INTERNATIONAL MUSIC CAMP Summer School of Fine Arts. Located in the beautiful surroundings of the International Peace Garden, on the Manitoba/North Dakota border, they will be surrounded by shimmering birch trees and the ever-changing canvas of the prairie skies in the Turtle Mountains. Youth from ages 10 - 19 are immersed in weeklong creative arts experiences and IMC's world-class faculty and staff are eager to inspire students in camp sessions in music, theatre, dance, visual art, or creative arts, with 40+ different program options in all. Tuition includes housing in modern dormitories, meals, and instruction. Scholarships and bursaries available.

**Call 204-269-8468, email [info@internationalmusiccamp.com](mailto:info@internationalmusiccamp.com), visit [www.internationalmusiccamp.com](http://www.internationalmusiccamp.com) for more information.**

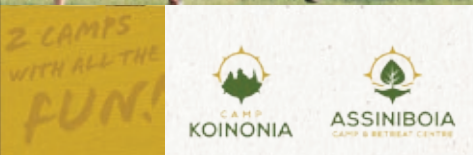
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Register online at [campswithmeaning.org](http://campswithmeaning.org)

Day, Overnight, Adventure Camps  
for kids finished grades 1-12



CAMPS WITH  
MEANING





# Why Kids Should Go To Camp

By Jeff Bryer

Royal City Soccer Club

All children should attend summer camp... period! The benefits of enrolling in summer camp might seem obvious – physical activity and social interaction, but there is so much more to summer camp. Let's start with the obvious. Kids need to live an active and healthy lifestyle. Studies show that children who develop good habits of an active and healthy lifestyle are much more likely to live an active and healthy lifestyle as an adult. At most summer camps, children get to participate in a variety of activities, sports and recreation. They say children should have at least 20 minutes of daily physical activity but at camps, they often get much, much more than this. What about the social skills learned at camp? Sure, they interact with their peers in a school setting throughout the year but it's under a structured format.

At camp, kids get to interact and socialize with other children their age in a very different way and often in a less structured format. Often, they meet new friends at camp that they never had a chance to meet at their own school. A camp environment also provides an opportunity for children to become

independent, build confidence and problem solve – key life skills that are so invaluable to today's youth. Teamwork and team building is another amazing skill that campers experience at camp as they're often working together to achieve a communal goal.

Are you tired of all the 'screen-time'? Time to get outdoors, away from the screens that seem to hypnotize kids into burning hours upon hours of sitting time. A camp atmosphere often cultivates creativity within the children participating. Creativity is a tremendous skill to develop as a child as it often diminishes over time if not exercised on a regular basis.

Whether is an overnight or day camp, music camp or sports camp...you just can't overestimate the fantastic benefits of attending summer camp as a child. All children should attend summer camp... period!

Royal City Soccer Club

Hosting Summer Soccer Camps for over 32 years  
[www.royalsoccer.com](http://www.royalsoccer.com)

## Summer Camp Super Guide 2024 cont.

### Mad Science

Extreme Science: At Extreme Science Camp, each day has its own theme. From Heat to Ice (of course, Dry Ice) and Bugs; join us on a Bug Safari and design a Bug Habitat. On the final day we have a Spectacular Rocket Launch. Parents are welcome. In addition, each camper will make his/her own rocket to take home and launch.

Crazy Chem Camp: A flask full of fun in the lab as a junior chemist! These five days are chemistry are packed solid with cool reactions. Campers put on some goggles and change liquid to solid and back again. They get to handle laboratory tools, build and break molecules, and pick up some tricks on chemical changes.

Visit [manitoba.madscience.org](http://manitoba.madscience.org) to learn more.

### The Royal City Soccer Club

The Royal City Soccer Club is excited to host our 32nd year of hosting summer soccer camps this summer. Having hosted over 300,000 children in over 100 locations across 6 provinces, our grassroots soccer camps have become the most popular in Canada. Our program is designed to promote personal development, skill development, team building and of course, FUN! Our camp program is uniquely designed to offer a soccer focus in the mornings and a leisure swim with other camp activities in the afternoons. We encourage all children between the ages of 5 and 13 to register for full day or morning sessions. We also offer fully supervised extended care early drop off and late pickup times. Our camps operate during the months of July and August.

Visit our website at [www.royalsoccer.com](http://www.royalsoccer.com) for more information or call 1-800-427-0536.

### Royal Winnipeg Ballet Summer Dance Day Camp

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Summer Dance Day Camp is offered in two different one-week blocks and you can attend one or both for only \$320.00 per week.

[Rwb.org](http://Rwb.org) for more information and to sign up.

### WISE Kid-Netic Energy

Join WISE Kid-Netic Energy this summer at our STEM camps! Participants ages 9-12 will explore sound waves, forensic science, marine biology, and more! Our summer camps provide participants with a fun hands-on learning experience that includes indoor and outdoor activities.

Be sure to sign up for our newsletter for the latest updates on our sessions and registration for this summer!

For more information and to register, head to our website at [wisekidneticenergy.ca](http://wisekidneticenergy.ca).

### INSPIRIT AI AT BALMORAL HALL SCHOOL

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# Remove the Bubble Wrap and Prepare More Adventures

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

Parenting styles have shifted significantly in recent years. We have access to more information, and others are able to share more information, and all of this is done at lightning speeds. It has become a very strong reality that the trend has been lending itself to parents taking a softer approach when child rearing; giving their children more leeway and removing much of the responsibility from the children to caregivers, coaches, teachers, and parents. Therefore, as parents, the trend over the last decade or so has shifted toward not wanting our children to engage in any risk taking, and not exposing them to enough adventure. Instead the approach has focused on often over protecting our children, keeping them safe and doing simple things because we do not want anything to happen to them. Anyone reading this article is a caring, nurturing, and devoted parent. You would not be reading this paper seeking more ways to help your child out if you were not that committed parent.

Unfortunately, what has unfolded is that many parents out there are not wanting their children to take risks, engage in adventurous behaviours, and activities that are not simple and safe as a way of protecting children to keep them safe all the time. Yet, despite the intention and best efforts, it is often those same parents that have their children using a lot of their free time on screens. Too many parents are putting forth their best effort to protect their children from the potential dangers or adventures, independence, and responsibility for their actions. Instead of the adventures they are relying on the

use of their screens for more than 45 minutes per day during the week, which is inadvertently rewiring their neurological pathways to struggle with sustaining attention for longer periods. In turn this is causing a pattern of mood dysregulation, more irritability, less patience, higher levels of Anxiety when they cannot control their outcomes and creating demanding personality styles. These patterns of less creativity and adventure and more screens is making it extremely difficult for our children to concentrate for longer periods of time because their brains have come accustomed to everything moving too quickly and instantly.

**"Anyone reading this article is a caring, nurturing, and devoted parent."**

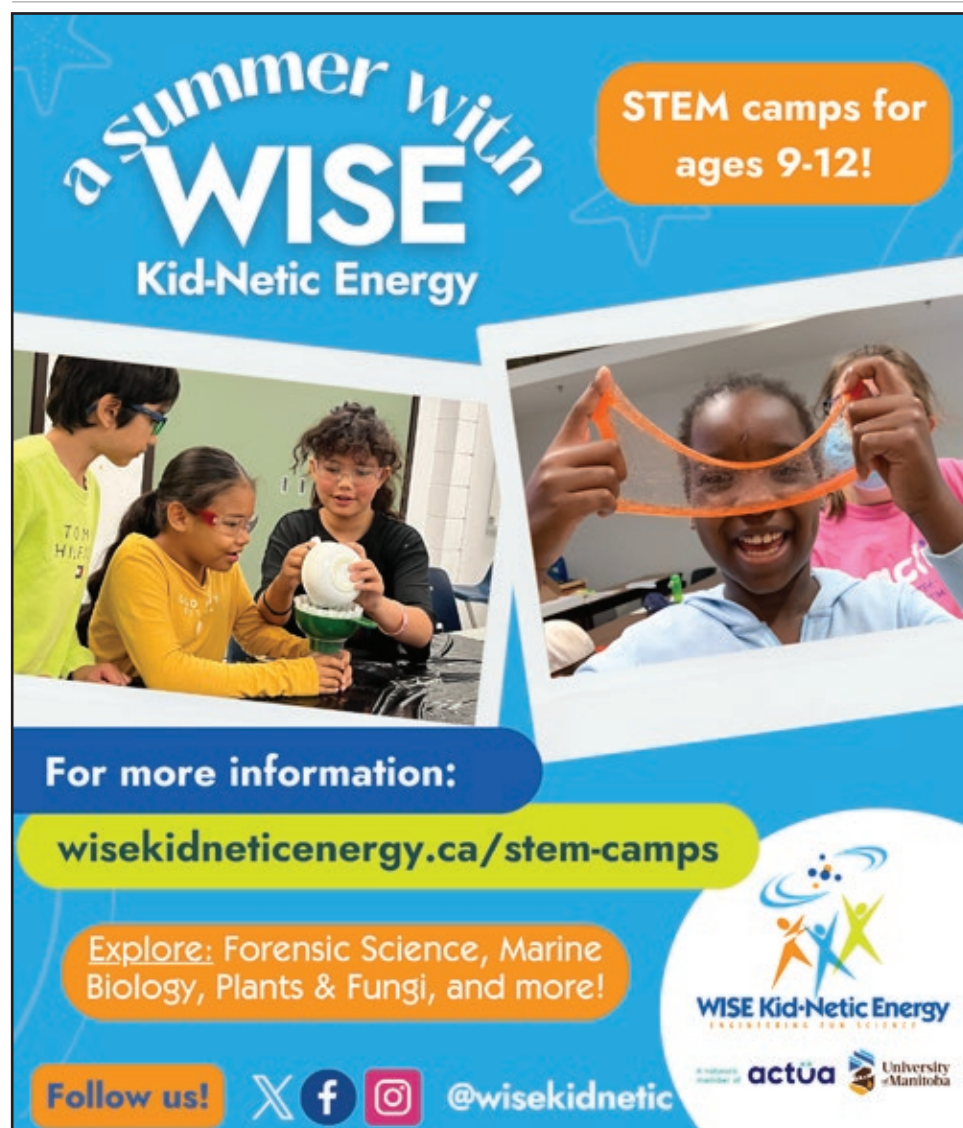
To help maximize our efforts as parents for the explosive technological world we are living in, any screen time needs to be limited to a maximum of one hour per day (yes, I said it, outright) so that our children can use the remaining 15 hours of their wakeful moments stimulating many other aspects of their brain. That may mean creating more ideas as parents (see this entire newspaper for ideas), stepping back to realize that our best efforts to bubble wrap our children is not preparing them for the world, it is instead preparing them for not knowing how to cope in our world. The key as a parent is to learn to let our children fail, let them fall, and let them learn how to stand up rather than sit on the couch with a game console in their hand.



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## Engaging Kids in the Kitchen: The Key to Raising Healthy Eaters

Spring Break is a coming and a great way to spend some time with your kids in the kitchen. Have them make a simple breakfast or snack with you, or show them how to pack their lunches for last few months of school. Read below as Janine LaForte, Registered Dietician of 23+ years and Mom, helps busy families create doable meal plans to get nutritious meals on the table and the importance of having your kids help in the kitchen.

By Janine LaForte  
Registered Dietitian

Teaching kids to cook is vital. When they learn to make simple, healthy snacks and meals it puts them on a path to food literacy – an essential life skill, like reading literacy.

Food literacy encompasses knowledge, skills and confidence to planning healthy meals, shopping within a budget and safe food preparation and storage. Starting early fosters a lifelong healthy relationship with food. Engage kids by involving them in meal planning, grocery shopping and kitchen tasks.

Hands-on experiences with food help kids appreciate nutritious options, leading to better overall eating habits. Allowing them to experiment in the kitchen will boost their confidence in making smart food choices.

Do you struggle to find time or patience to involve your children in mealtime tasks? Consider these strategies:

- Let them observe as you prepare a meal and explain what you are doing.
- Sign them up for a cooking camp or class.
- Involve them in simple tasks that may actually save you time, like fetching ingredients, washing produce, setting the table, sharing ideas for your meal plan, or writing a grocery list. Even 15-30 minutes per week is beneficial.
- Download this free Mealtime Task Checklist

Have kids at or nearing the 'home-alone' stage? Having a few easy, nutritious recipes older kids can prepare themselves will reduce their reliance on processed snacks. Start by teaching them to operate small kitchen appliances safely and encouraging them to take the lead in preparing snacks and simple meals when you are home. Once you're confident in their abilities, some quick go-to's include microwave quesadillas, grilled cheese sandwich, scrambled eggs, chopped veggies with hummus or rice cakes with nut butter and bananas.

Here are some no-bake snack recipes to try:

### Bean Dip

**Ingredients:** 1 can rinsed beans (kidney, black or romano beans), 1 ½ cup salsa, 2 cups grated cheddar cheese

**Instructions:** mash or puree beans with salsa, mix in cheese, microwave until warmed through and cheese is melted. Serve warm with tortilla chips, pita bread or raw veggies.

### Fruit Smoothie

**Ingredients:** 1 cup frozen fruit, 1 cup milk (any type), ½ cup yogurt (any type)

**Instructions:** put all ingredients in a blender, blend until smooth. Adjust thickness with extra milk. Experiment with different fruit and veggies.

### Veggie Pizza

**Ingredients:** pita or naan bread, any savoury flavour of cream cheese, diced veggies (bell peppers, broccoli, cauliflower, green onion, carrots, etc.), shredded cheese.

**Instructions:** spread flat bread with cream cheese, top with veggies and shredded cheese, cut into slices. Try hummus as an alternative spread.

With these kid-friendly recipes and strategies, you'll not only foster your children's independence and broaden their appreciation for a variety of foods but also find peace of mind in their growing culinary abilities.

For more on getting your kids involved in the kitchen, reach out to [janine@reallifenutrition.ca](mailto:janine@reallifenutrition.ca), visit [reallifenutrition.ca](http://reallifenutrition.ca) or follow along on Instagram @reallifenutrition.rd.

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Studies from the Baby Language Lab, Communication and Development Lab, Hearts & Minds Lab, and Young Minds Research Lab are approved by the Research Ethics Board at the University of Manitoba, Fort Garry campus. Research contact: Dr. Melanie Soderstrom.







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Smart in Everything but School: Is It Your Child's Vision?



By Dr. Matthew Anderson  
*Developmental Optometrist*

When you have a bright child who doesn't achieve to his or her potential, we often affectionately call them underachievers, because we know they are capable of achieving so much more. While they may be able to slide by with what they learn by listening, reading can be quite a nightmare.

As a working parent, it can present quite a challenge to figure out how to "inspire" your bright child to get the work done while still helping your other children and getting all the chores done at home. Over the years I have found that bright underachievers often have vision problems which make reading difficult.

Sometimes they are described as auditory learners because they can remember things they have heard much faster and easier than anything they read.

A clear sign that a vision problem may be at the root of your child's difficulties is poor performance on written or standardized tests.

It may surprise you to learn that many of the children who have vision problems interfering with learning typically pass vision screenings and even eye exams. That's because "20/20" eyesight merely means you can see a certain size letter from a distance of 20 feet, whereas vision is a complex process that involves 17 visual skills which are critical to academic success; and seeing 20/20 is just one of those visual skills.

More than 60% of children who struggle with reading and learning have vision problems which are typically 100% correctable, yet when undetected, these children continue to struggle, don't reach their potential and perform poorly on provincial exams.

In order to determine if your child has a vision problem that is interfering with learning and performance on standardized tests, you need to schedule a Developmental Vision Evaluation to test all the visual skills necessary for academic performance, including: eye movement control, focusing near to far, sustaining clear focus, eye teaming ability, depth perception, visual motor integration, form perception, visual memory and visual information processing skills. Developmental Vision Evaluations are typically performed by Developmental Optometrists.

As a parent it is important to know the signs that a vision problem may be blocking learning or contributing to poor behaviour or self-esteem issues. Here are some of the signs to watch for:

- Does your child avoid reading or homework?
- Does your child have trouble paying attention in school?
- Does your child understand reading materials when you read them aloud?
- Does your child turn their head at an angle when reading?
- Does comprehension get worse the longer he or she reads?

If your child continues to struggle with reading, it's time to see a Developmental Optometrist who provides an in-office program of optometric vision therapy. Doctors who are members of Vision Therapy Canada provide specialized testing to evaluate all of the visual skills required or academic success; to find a doctor visit: [www.visiontherapycanada.com](http://www.visiontherapycanada.com)

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Attention  
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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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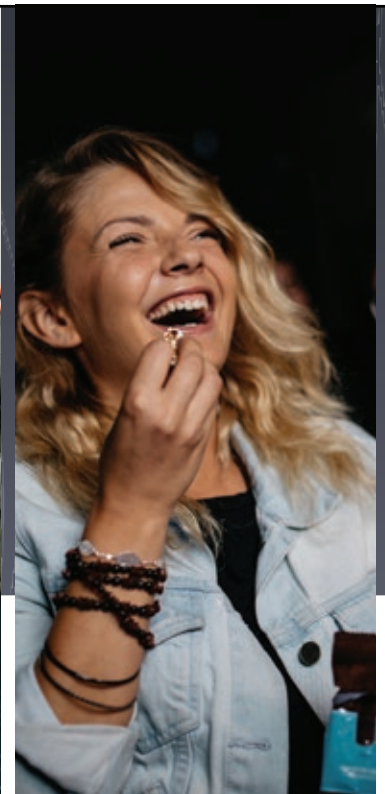
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# Walk Your Talk. Teach Kids Gratitude



By Carew Papritz  
*Literacy advocate, Author*

Over the years I've been asked by parents what is the one thing, above all else, every parent should do for their child. And my answer is, "Walk Your Talk."

Even now as a practicing adult and parent, I love watching kids as they constantly try to follow, understand, question, reject, and accept everything their parents do. I watch in awe as the kids do everything possible to look like they're listening even while their eyeballs are doing everything possible not to do backflips in their sockets.

## My motto is: "Do first. Ask questions later." Walk that talk.

I'm a big fan of thank you and please. And there is no better place to walk the talk of gratitude than to infuse please and thank you's into every pore of your kid's body, mind, and soul at least 10,000 times a week.

Eventually, they will actually say thank you and please—and mean it—because you done the same thing 10,000 times too. And that's the name of the

gratitude game when it comes to kids. You do, do, do, they watch, watch, watch. Then theoretically, they do the same thing all on their own, which is a most amazing sight to behold.

And one of the greatest acts of thank you personified, and one of the most timeless acts of gratitude, is writing a thank you letter. People say it's a dying art. I say it's a timeless act of gratitude that never gets old. It's one thing to receive a thank you e-mail or text but completely another to receive a handwritten letter, in one's own chicken scratch, that really tells someone that you are thankful.

## Why a thank you letter? Because letters are real.

They are made of paper and the paper holds the time that you took to place into words. The paper can be held – it is made for hands to hold and touch and feel. Because letters are real, they can be saved and cherished for a long time.

The best way to teach your kids this timeless act of giving is to sit down with them and write a thank you letter along with them. As with most anything in the kid world, if you do it along with them, they'll return the favor . . . most of the time.

It's easiest when it's a simple thank you for a gift received as in a birthday or Christmas present. As they get older, you can teach them to write a thank you letter for some kind deed done or when someone just helps out you when you were least expecting it.

In the grand scheme of busy-ness in our lives, this simple handwritten note carries a powerful weight of humanity and love that a mere text message could never do.

So, let's give our kids the best of our gratitude walk. Let's talk the talk and share a million please and thank you's with our kids. And then let's write the talk, teaching the simple and powerful gesture of thankfulness through the beauty of a handwritten letter of thanks given to another human being. That is a wonderful gift every parent can pass on to their kids!

*Carew Papritz is an educational thought-leader, literacy advocate, and award-winning author of the inspirational book, The Legacy Letters.*

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Deadline: Jun 12th  
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## Spring Break at Winnipeg Public Library

Winnipeg Public Library is once again offering fun and interactive programming for kids and teens during Spring Break (March 23 to March 30).

Listen to a story time with an owl and falcon, try the art of macramé, learn how coding works and much more!

All programs are free, and registration is required. For a full list of programs, visit [winnipeg.ca/library](http://winnipeg.ca/library) and browse our calendar of events, or check out the March issue of our online program guide, *What's On*.



## WINNIPEG PARENT Book Selections of the Month

### SILLY STORIES FOR SPRING Selected by Winnipeg Library

After a long chilly winter, spring feels like a great time to embrace some silliness. There are lots of funny books at the library so you're guaranteed to find something that will tickle the funny bone of everyone in your family.

**The Book With No Pictures**

*The Book with No Pictures* by B.J. Novak is a classic silly book, that has the reader saying all sorts of silly things and making all sorts of silly noises to the delight of the audience. Be prepared to read this book again and again!



*Have You Seen Elephant?* by David Barrow is a great option for getting kids involved finding the Elephant playing hide-and-seek in the book. Crunch, the Shy Dinosaur by Cirocco Dunlap is also a hilarious participatory book, with kids needing to carefully coax a very reluctant dinosaur out of hiding with a rendition of the happy birthday song.



For silly stories for school age children there are so many great options, including the *Wayside School* series by Louis Sachar, which follows the adventure of the students in a completely mixed-up sideways school. The latest book in the series is *Wayside School Under the Cloud of Doom* which has a giant cloud descend on the school and cause all sorts of trouble.



There's also the *Phoebe and Her Unicorn* by Dana Simpson series featuring Phoebe, a confident, happy misfit, and Marigold Heavenly Nostrils, her self-absorbed unicorn friend. The latest book in the series is *Punk Rock Unicorn*, a magical musical adventure about rocking out as hard as you can and always being yourself.



After lots of laughs and giggles, *Hippos Remain Calm* by Sandra Boynton is a good way to wind down with a pair of unflappable hippos who take all sorts of different situations into their very calm stride. This book will be best enjoyed by kids under age 6 and will find some grown-up fans as well.



All these books are available at the Winnipeg Public Library. You can stop by any branch to get a library card and find lots more silly reads.





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25

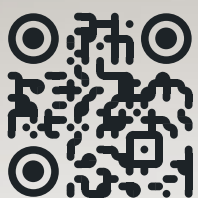
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RWB SCHOOL SUMMER DANCE DAY CAMP PARTICIPANTS; PHOTO BY BRADY CORPS