JULY / AUGUST 2024

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WINNIPEG PARENT

SUMMER'S HERE!

The Lanc Historical Aircraft is Coming Back to Winnipeg!

5 Great Ways to Unplug and Get Your Kids Outdoors

Summer Allergies?
Try an Air Purifier!

Thinking About Vision for the Summer

Why Gardening is a Great Activity for Kids

Keep the Kids Busy on Your Road Trip this Summer

SEE INSIDE FOR OUR BOOK SELECTION OF THE MONTH!

the publisher's Pen

Welcome to Summer!

School's out, the sun is shining, and parents everywhere are looking for things to keep the kids busy over the next two months

In this summer edition Winnipeg Parent, you will find:

- Great places to visit. (Make sure to put the Manitoba Museum and Royal Aviation Museum of Canada on your must-do list!)
- Fun crafts to keep busy, and ideas for kids of all ages
- A Screen-Free Challenge and summer fun scavenger hunt
- Gardening with your young one
- ...and so much more

And...with summer comes open windows and doors, and little feet tracking mud and dirt throughout the house. While I love the hustle and bustle of friends running in and out, cleaning is my least favorite things to do. I don't want to be stuck inside! To keep the house clean, check out the article on 5 and 10 minute quick-cleans so you can spend more time outdoors than inside.

These next two months are also a great time to get your child's vision checked, fend off brain-drain with engaging reading (check out the Winnipeg Public Library's summer reading suggestions), and have less of a routine. Winnipeg Parent can help guide you!

With that, we wish you a summer of making memories with family and friends and we will see you in September!

Dana

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On the Cover: Girl enjoys her day on the beach.

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The Lanc Historical Aircraft is Coming Back to Winnipeg!

Photography: Royal Aviation Museum of Canada

By: Vanessa DeSorcy
Marketing Specialist, Royal Aviation Museum of Canada

Do your kids love airplanes? Do you love the history of some of our most integral planes in Canadian history? There is fun for everyone at the Royal Aviation Museum this July!

July 16 & 17 is your family's chance to see the Mynarski Memorial Lancaster, also nicknamed VeRA. This is an important aircraft in Canadian history and is one of only two airworthy Lancasters in the world. Recognized as the most famous Allied bomber of World War II and a lasting symbol of all they did to defend our freedom.

From the **Canadian Warplane Heritage Museum** located in Hamilton, the museum's restoration crew consisting mostly of World War II veterans, painstakingly restored the aircraft over eleven years. And they got it back in the air! On September 11, 1988, the restored Lancaster flew again and has flown consistently since then.

Come see a part of history, and all the other incredible aircrafts on display.

This Lancaster is dedicated to the memory of Andrew Mynarski of Winnipeg. It is painted in the colours of his aircraft KB726 – VR-A – that flew with RCAF No. 419 "Moose" Squadron. Andrew Mynarski was posthumously awarded the Victoria Cross, the Commonwealth's highest award for gallantry, when his Lancaster was shot down in flames by a German night fighter on June 13, 1944. As the bomber fell, he attempted to free the tail gunner trapped in the rear turret of the blazing and out-of-control aircraft. The tail gunner miraculously survived the crash and lived to tell the story, but Andrew Mynarski sadly died from his severe burns.

Come see a part of history, and all the other incredible aircrafts on display. Put the Royal Canadian Aviation Museum on your to-do list this summer!

What to Know Before Kindergarten

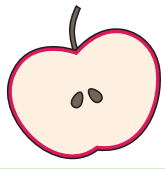
Introduction: Dana Todd
Tips By: SimplyFullOfDelight.com

Getting ready for Kindergarten is a fun, scary, anxious and exciting time for parents and children alike. There are a lot of big and little feelings that go into your little one starting school. Maybe it's the first time they are away from home or their siblings, it's a new routine and the school seems so big!

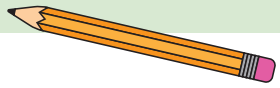
To make that first week, month or maybe year easier for everyone, summer is a great time to start talking about, and working on kindergarten skills. If you break into the routine slowly and begin get them excited about all the fun things they will be doing in the fall, that first week in September will be much easier for all of you.

Here are some suggestions on what you may want to focus on through the summer months. Break it down and try one or two suggestions each week. Maybe set aside a quick 15-30 minutes each morning or afternoon and make it a fun outdoor activity, or work at a special table, or desk, in your house.

Whichever way you decide to get your little one ready for their first time at school, have fun with it and don't forget your Kleenex box for that first day (for you…not your new little independent kindergartener ☺).



- **Count to 10**
- **Know first and last names**
- **Shapes**
- **Prints first name**
- **Social skills**
- **Listening skills**
- **Motor skills**
- **Can say or sing ABCs**
- **Use scissors**
- **Group projects by similarity**
- **Independent in bathroom**
- **Get dressed**
- **Basic number recognition**
- **Keep hands to themselves**



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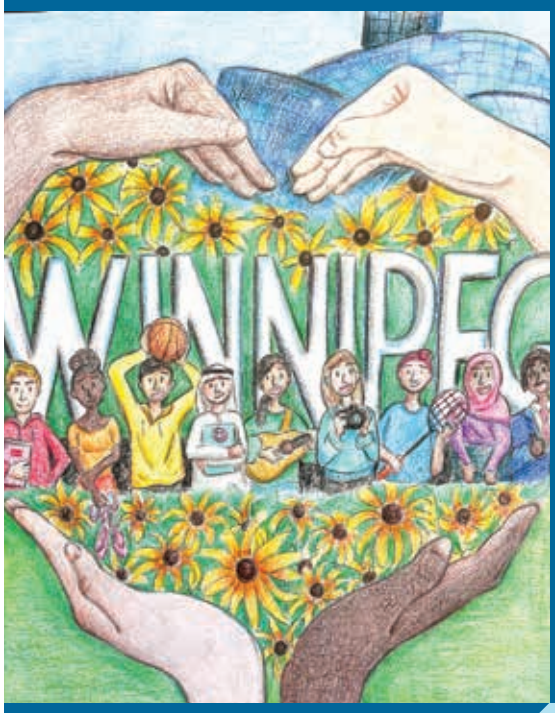

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Artwork by Tammy, Age 15
Winner of our Anti-Racism Art Contest

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Winnipeg

5 Great Ways to Unplug and Get Your Kids Outdoors

By Jan Pierce M.Ed.

Family life can be hectic. After a busy day of preparing meals, snacks and overseeing homework projects, breaking up squabbles and keeping up with dishes and laundry, parents are often more than happy to "pop in a video" as they say, and watch their brood settle into wide-eyed, quiet little people.

But I'm also aware that many children rarely see the light of day except when in transit from school to home where they immediately turn something on—the television, a video player, a computer or a computer game. It's become a huge problem for children and it's affecting their health. These technological wonders have their place in both the educational realm and for entertainment, but it has been said that today's children have a "nature deficit order." They know little or nothing of the outdoor world around them and don't care to spend time exploring it. The pull of today's electronic offerings is extremely strong and it's hard to manage. But experts say a lot can be accomplished in just a few minutes of outdoor play each day. And once the enjoyment begins, kids will want more.

There's a growing movement among parents and community leaders to organize and encourage quality outdoor experiences for today's children. Virtually no one doubts the advantages of time outdoors for our kids, but bad habits are hard to break. Here are five tips for fun and interesting ways to get the whole family out of doors to experience the beauty and enjoyment of nature.

Grow and Eat Something

Kids quickly learn to enjoy gardening when they do the work themselves and when they're part of harvesting—enjoying the fruit of their labors. One organization that facilitates such hands-on gardening projects is the Farm-based Education Association. They offer outdoor eventsfor the entire family for an annual fee. Check to see if they or a similar organization is active in your area.

Observe or Collect Something

When children begin to observe and interact with nature they build a greater respect for the care of the planet. Increase their wonder by taking short excursions for the sole purpose of observing what is under that rock or hiding within the bark of a tree. Begin a nature collection as simple as establishing My Box of Rocks or My Collection of Pinecones. It doesn't take much to begin the journey to a greater appreciation of nature.

Recycle or Reuse Something

While some of the action in recycling takes place indoors, the emphasis is on maintaining the beauty and cleanliness of our outdoor world. At the littlegreenblog.com you'll find lots of ideas related to living in sync with nature.

Build Something

Have some family fun with a building project such as this Simple fort (www.thisoldhouse.com/how-to-build-a-fort. Kids will spend hours in the out of doors with a simple backdrop and the whole family will enjoy the building process.

Hike Somewhere

Younger children will always enjoy a ramble in the woods with their loved ones. As children get older, they may need the incentive of linking the out of doors to a hobby such as photography or geocaching.

Go to Kids Unplugged to find an organization that plans outdoor family events, perhaps in your area. If not, see their listing of many other groups who have banded together for the same purpose: getting kids unplugged and outdoors.

Jan Pierce, M.Ed. is the author of Homegrown Readers and Homegrown Family Fun. Find Jan at ***www.janpierce.net***

"Virtually no one doubts the advantages of time outdoors for our kids, but bad habits are hard to break."

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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.

Quick Cleaning Tasks: Summertime Wins!

By: Christina Giaquinto
Introduction: Dana Todd

Who is interested in spending their summer days indoors and cleaning when our summer is so short? Not me! I would much rather be spending my time with my family, doing 'fun' things. Christina Giaquinto, Professional Organizer is here to help you spend less time worrying about keeping your home clean and more time with family and friends creating special memories these summer months!

In my experience as the Professional Organizer and Brand Ambassador of Modular Closets, if you do little cleaning tasks every day, they will make a huge impact on your home. Take advantage of just a few minutes here and there to work on some quick cleaning tasks.

5-Minute Cleaning Tasks

1. **Clean your kitchen countertops.**

   This will make them shine and remove any crumbs that may cause foul aromas.

2. **Put away all the shoes scattered around your home.**

   This will tidy up your home and prevent accidents.

3. **Fix all the pillows and blankets on your living room couch to make it look neat!**

   This is something I try to do every day.

4. **Empty your kitchen and bathroom garbage.**

   This will prevent bad smells and make your home more comfortable.

5. **Dust all the surfaces in one room quickly**

   Dust will make your home look unkempt, and breathing clean air is vital for your health and well-being.

WP Tell us your of your own Summertime wins! Leave a comment on Instagram or Facebook.

10-Minute Cleaning Tasks

1. **Sweep, vacuum, and mop the high-traffic areas of your home.**

   This includes the entryway, kitchen, living room, and hallways between the bedrooms. This will keep dirt from accumulating in your home and give your home a clean look.

2. **Wipe down your sink and mirror using a damp cloth, a bathroom cleaner, or a gentle scrubbing.**

   Your bathroom sink may get dirty with toothpaste blobs, fingerprints, splashed water droplets, and soap residue.

3. **Quickly put away toys, dirty socks and your other belongings scattered along the floors.**

4. **Go through your mail and recycle any junk.**

5. **Keeping your home office desk clear is a constant challenge.**

   Clean up your desk and put everything in its place. This will reduce your stress and increase your daily productivity.

10-Minute Cleaning Tasks

Cleaning and organizing your home doesn't have to be a daunting task. By managing small cleaning jobs regularly, you can make a big difference in your home. Whether it's spending just five minutes emptying the trash cans or half an hour deep cleaning your kitchen appliances, every little effort helps. Take advantage of your time and pave the way to a cleaner, comfier, and more organized living space.

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

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RWB SCHOOL RECREATIONAL DIVISION STUDENT; PHOTO BY MICHELLE BLAIS

Everything is better – together!

Look for the WP Community icon throughout this issue to see what we will be talking about on Facebook or Instagram!

Join the community today!

Summertime Fun Is Here!

Summer is here and our Winnipeg Parent Fun Review Group has tried a variety of exciting products over the last months and would like to share some of their fun picks and suggestions in our Summer 101 Guide!

From a parent: *"This dump truck goes everywhere with us and has held up no problem. Both my kids play with it. It's a must-have if your kids like to collect rocks and things!"*

Kids 3+

Gazillion Bubbles Tornado

Looking for a quick and easy summer fun toy! Check out the The Gazillion Bubbles Tornado. With no pump and no wait time, your toddler can create a bubble storm of a gazillion bubbles with a push of the button. It's easy to use, comes with a bottle of non-toxic Gazillon Bubbles and not only generates bubbles, but a gazillion smiles too!

Cat® Steel Dump Truck

What is more fun than a dump truck at the sandbox or in the park? This dump truck is designed for the most fun play and ready to collect sand, rocks, sticks, twigs or anything else that's out there to haul! It's a solid toy ready for the most rugged of play, built with sturdy steel construction and large wheels. This 16" dump truck is just like the real thing! The best part about all Cat steel toys is that they have a lifetime guarantee, so you know this product is built to last.

Kids 5 to 8+

From a mom: *"We love the Island of the Pirates set, and all Playmobile really! It's fun for both my kids (age 5 and 7) to play together and enough pieces that they don't fight! We took this to the beach, "the Island", with us and the kids spent hours having fun. Island of the Pirates is one of our favorites! "*

Stomp Rocket

Run, jump, and STOMP with the NEW Space Collection by Stomp Rocket® STEM toy. Explore the universe through play and learn about gravity, trajectory, force and the power of air. Each rocket-launching toy is based on STEM concepts of science, technology, engineering and math, encouraging curious kids to challenge themselves, and have hours of screen-free fun!

My Figures: Island of the Pirates

Ahoy matey! My Figures from PLAYMOBIL let's children create a PLAYMOBIL world entirely from their own ideas. Helping with fine motor skills, and encouraging creativity, with Island of the Piratesset sail on an exciting pirate adventure!

Kids/Tweens 8+

From a mom: *"We set it up in the kitchen and the kids will come in and draw for a few moments, take some down time from their day. It's become a bit of a routine after school and before dinner-time. Nice to see they can be off their devices!*

Buddha Board

Enjoy some screen-free time this summer with the help of the Buddha Board! This magical board taps into your creativity and is a great activity to practice mindfulness. Draw, write, create on the Buddha Board with water and the included brush, and it slowly disappears so you can start over again. Take some you-time to relax and appreciate the present moment. You can also find the Buddha Board mini - great for summer road trips!

Teens 12+

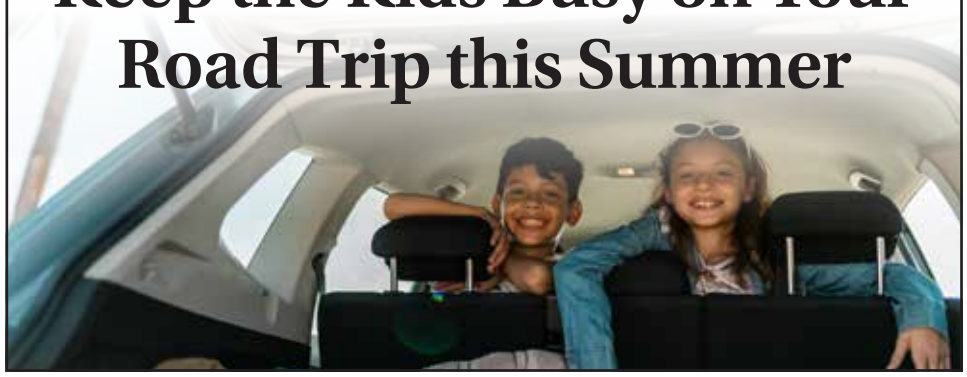
From a teen: *"These are so cute and fun! I'm going put them in little pots and give them to my friends for their graduation!*

LEGO Botanical Collections, Cherry Blossoms and Daffodils

These fabulous new Lego set are just the kind of faux flowers you want to have! Each set is customizable and once complete, make a beautiful bouquet to add a touch of colour, whimsy and fun to any room. Looking for a fun gift idea for a birthday, celebration or just because? These Lego sets inspire creativity for all ages!

Would you like to be a part of the 'Winnipeg Parent Fun' Review Group or have a product you would like the group to review? Send us an email to winnipegparent@bouncedesign.com

Keep the Kids Busy on Your Road Trip this Summer



By: Van Colden
Active for Life Contributor

When it's time to hit the road for family vacations, the idea of spending endless hours in the car can feel intimidating. Don't get discouraged. There are things that you can do to get kids to burn off some extra energy on road trips. One year, I spent the entire summer on the road with my three kids (six, eight, and 10) and we drove 14,000 km across Canada. Many times, I've been asked how I did it. Here are some of my tips and tricks:

Stop at provincial parks for lunch

I can say with certainty that we have many incredibly well-taken-care-of provincial parks sprinkled across Canada.

Personally, I'd rather spend time outside than in restaurants so that the kids can run around and work out their wiggles. These areas often offer natural sightseeing, \lakes for quick swims or paddles, and/or beautiful trails with short hikes, perfect for little legs. The bonus is that provincial parks often have bathrooms available to empty wee little bladders before getting back in the car.

Pack an outdoor recreation bag—and keep it handy

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

Play "Find the Monkey"

We play this on stops where the kids need a little extra exercise. Our sock monkey mascot (any stuffy would work) travels with us, the game is simple. Set inbound parameters and then you hide the monkey while the kids close their eyes.

Our rule is that the monkey has to have a little bit showing, so you can see him from a distance. Whoever finds the monkey hides it next.

We have loads of fun with this game. It's so much fun!

Save your recycling for creative time

I save our recycling (egg cartons, containers, plastics, and collapsed cereal boxes). If we're at a campsite, or stopping for a longer period of time, we pull out the recycling, with tape, scissors, and string. Then we challenge the kids to create.

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

Let the kids help set up camp

On our 64 days on the road, the kids help to set up camp. My oldest helped with the tent. The youngest carried her sleeping bag and mattress to the tent and set up her own sleeping zone.

The kids for water runs on arrival. They love this because they have to find the water taps and they can fill the kettles and carry them back. Endless hours are spent running to and from the tap, strengthening their bodies from carrying small water loads.

I always plan to do something at the destination after we're set up. Those nights, camping meals are simple. We explore the park on bikes or on foot and, we love to soak in the sunsets.

The mornings before we hit the road again, the kids stuff their sleeping bags, tidy their things, and help with the takedown. Trust me, they don't always want to do this, but this gives them sense of responsibility, a feeling of helping out, as well as confidence in their own camping skills.

Happy summer road trip!

Why Gardening is a Great Activity for Kids

By: Holly LaRochelle
Introduction: Dana Todd
Active for Life Contributor

I was on-line and came across a great article on gardening that caught my attention. I do have to say that until a few years ago, I was not a big gardener and didn't have a green thumb. However, something changed as my daughter grew older. Gardening became an activity that we could do together, get our hands dirty, chit chat and spend time outdoors.

Each spring we talk about the plants we are going to get and what vegetables we should try and grow. It doesn't always work out. Like the year I didn't realize that potatoes grew underground! At the end of the summer that year, we were disappointed that we didn't get one singe potato. That was until the next year when we dug up the soil! We found loads of old potatoes from the year before. Every summer we talk about this and laugh.

What I didn't realize from all this was that gardening is a great activity for kids' overall development. Holly LaRochelle talks about the benefits of gardening with your kids and the impact it has on their development. After reading this article, I lightly pat myself on the back, and went outside with my daughter to plant the potatoes!

Skills that kids develop when gardening

Grasping

Let your child reach for tools or grab handfuls of dirt to explore.

Balance

Moving around the garden, through these tight rows helps kids learn balance

Lifting and lowering objects

Gardening requires lots of lifting and lowering. Kids can master this by using a watering can, small hand tools, or even using a shovel to add things like compost into the garden.

Fine motor skills

Kids love to place seeds into the earth. Big seeds like peas, beans, and corn are easy for small hands to grasp and germinate quickly.

Pulling the hose around

Moving the hose to position the sprinkler is one job kids can help with and it will help them gain strength and agility.

"The physical and mental benefits of gardening will last you and your child a lifetime!"

Gardening also teaches kids...

Along with the physical skills kids get from gardening, there are lots of other great benefits:

Healthy-eating habits

A carrot gently coaxed from the earth just moments before eating is flavourful, and there is no comparison to its sister from the grocery store. After awaiting harvest day, most children are eager to try their own raised vegetables and fruits.

Organizational skills and STEM learning

Gardens usually have an element of precision through rows, measurements between plants or seeds. Organizing a new garden takes some skills in mathematics and measuring. Learning more about plant life cycles, weather patterns, and even insects can peak scientific curiosity and discovery.

Stress relief

Mycobacterium vaccae is the substance found in soil microbes, which is currently under study. The bacterium may stimulate serotonin production, which makes you relaxed and happier.

Your kids can reap the benefits of gardening of any size. Are you in a small space or apartment? Try a planter garden. If you have a backyard, carve out a small patch of earth. The physical and mental benefits of gardening will last you and your child a lifetime! Happy planting!

We would love to see the gardens you set up with your kids! Share your pictures in the comments on Facebook.

What is Grounding? What are the Benefits?

By: Tiffany Griffin

Excerpts taken from Run Wild My Child

Children today are more stressed and anxious than ever. With all the changes, conflicts, and uncertainty in the world right now, taking care of our kids' mental health should be on the top of our priority list.

One of the easiest ways to help calm anxiety (in both kids and adults) is by spending time outside in nature. The healing power of nature is immense and the benefits of the outdoors are incredible for physical and mental health.

What is grounding?

When your body is in direct contact with the earth, without any disruption, like shoes or carpet – that is grounding.

The act of grounding (also called earthing) is a therapeutic technique that involves doing activities that "*ground*" or electrically reconnect you to the earth. This means that when you physically touch the ground, electrical charges are transferred from the earth to you, positively affecting your body. The energy from the earth nurtures and balances your body at the deepest levels, decreasing inflammation, pain, stress, and fatigue.

This is true for children as well! Children can practice earthing by just touching the earth as much as possible. Building sand castles, making tree forts, helping in the garden are all ways kids can be exposed to the earth's healing energy. Sitting or walking on the concrete is another way to connect to the ground as concrete is moist and conductive. The more extensive and longer periods of time children spend touching the earth, the greater the benefits, which in turn encourages self-regulation and releases negative feelings.

In simple terms – go outside, take your shoes off, and make direct contact! It's good for you and the best way to "*ground.*"

Benefits of grounding for kids

When you are grounded to the earth, you feel centered, strong, solid, balanced, stable, less tense, and less stressed. Grounding has been shown to reduce inflammation, improve emotional regulation, and decrease pain. It's been connected with improving heart rate, stress levels, sleep, healing, and immunity.

While grounding does wonders for an adult, imagine how important this practice is for our generation of children?

Grounding ideas for kids

Here are some practical and creative grounding exercises, activities and techniques to help your kids connect with the Earth and reap the benefits of earthing:

Barefoot nature walk

The easiest way to experience grounding is to get outside barefoot! Take your shoes and socks off and place your feet directly on the ground. Walk together barefoot outside on dry or wet grass and/or dirt!

Hug a tree

Show Mother Nature some love by hugging your favorite tree (any tree will do!). Firm pressure is an excellent way for kids to feel more stable and grounded.

Feet in the sand or submerge in water

If you're lucky enough be near the beach or body of water – enjoy it!

"While grounding does wonders for an adult, imagine how important this practice is for our generation of children?."

Sit spot

The idea of sit spotting is simple: find a special place in nature and then become comfortable with just being there, still and quiet. Nature will surround, soothe, entertain, and seep into you.

Incorporate a breathing exercise into your sit spot by doing some deep breathing and taking in your surroundings. This is especially helpful for children with sensory difficulties. This is my favorite grounding activity for those hard days when the world feels extra heavy. If your child having an off day, take them to a "sit spot!"

Overcoming Nature Deficit Disorder

There is much to say about kids spending too much time indoors. This issue has become so extreme that the crisis has a name: Nature deficit disorder. Many studies have shown that kids who play outside are smarter, happier, more attentive, and less stressed or anxious than kids who spend more time indoors. Regular exposure to the outdoors and frequent – even daily – grounding can provide you and your child with multiple benefits and create some quality time to slow down and enjoy some "be here now" quality time with each other lowering stress levels and creating a tighter bond!

So, take off those shoes and socks and get outdoors today!

To read this fabulous, entire article visit: ***runwildmychild.com/grounding-with-kids/.***

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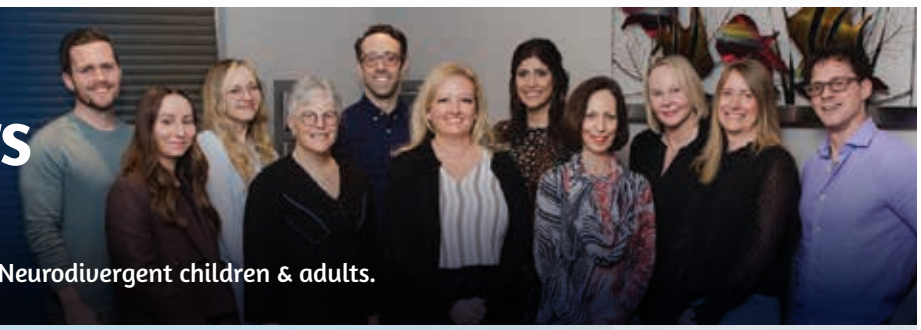

Sport Performance Group

A group for parents and children focused on **maximizing your peak sport performance while reaching your optimal mental health.** Sign your team up this season to get the most out of your sport performance and well-being through various psychological interventions. Covered by most insurance plans, call the clinic today to inquire.

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Thinking About Vision for the Summer

By Dr. Matthew Anderson
Developmental Optometrist

With summer activities gearing up, we thought you might like some information to share with your friends and family about how vision problems can impact summer activities.

Here are ideas on different signs to let you know if a child may have an eye coordination or eye movement problem that could be impacting sports and/or academic performance.

As your children have been busy enjoying summer activities, have you noticed that they have trouble doing different things? For example, problems catching or hitting balls, difficulty shooting baskets, clumsiness with physical activities, avoiding reading, or having trouble seeing 3D movies? These are all clues that your child may have a vision problem.

Some additional signs that a visual problem, rather than lack of practice or mastery of a sport, may be hampering performance:

- Difficulty knowing where the ball or other players are at all times
- Over or under-estimating the distance of the ball, players or boundaries
- Great athlete but cannot do ball sports
- Little improvement with practice
- Having trouble remembering plays

"Vision is a complex process that involves 17 visual skills."

Additional signs that a child may have a vision problem:

- headaches when reading
- difficulty copying from board or paper
- avoidance of reading
- poor reading comprehension
- frequent loss of place while reading
- complains words move or "swim" on the page
- short attention span
- smart in everything but school
- ADD, ADHD, dyslexic, learning challenged
- working below potential

As you may know, when the doctor says your child can see "20/20", that means that he or she is able to see a certain size letter at a distance of 20 feet - but that is all it means! Vision is a complex process that involves 17 visual skills.

Any of the above symptoms is a sign that a vision problem may be at the root of your child's difficulties. But the good news is, once the vision problem is detected, it is usually 100% correctable. The first step is a Developmental Vision Evaluation by a Developmental Optometrist who provides an in-office program of Optometric vision therapy. Doctors who are members of the non-profit organization Vision Therapy Canada, **www.visiontherapycanada.com**. These doctors provide specialized testing to evaluate all the visual skills required for academic success.

We hope you find this information helpful. As always, we are here if you have any questions or concerns.

Summer allergies? Try an Air Purifier

By Dana Todd
Winnipeg Parent

Our family has first-hand experience with allergies all year long. The constant runny nose, tearing eyes and overall stuffiness. We love to have the windows open, the smell of lilacs and fresh cut grass. They just don't love us back. I don't know about your family, but we are also finding this summer to be harder than usual with all the white fluffy pollen in the air.

My solution was to find a great air purifier to clean the air, most importantly while we were sleeping. I found The Clorox Smart True HEPA Air Purifier and I am so happy to say it's been great. The medium room model works well in the bedroom through the day and night. I've been keeping it on the auto mode and it knows when to do it's thing!

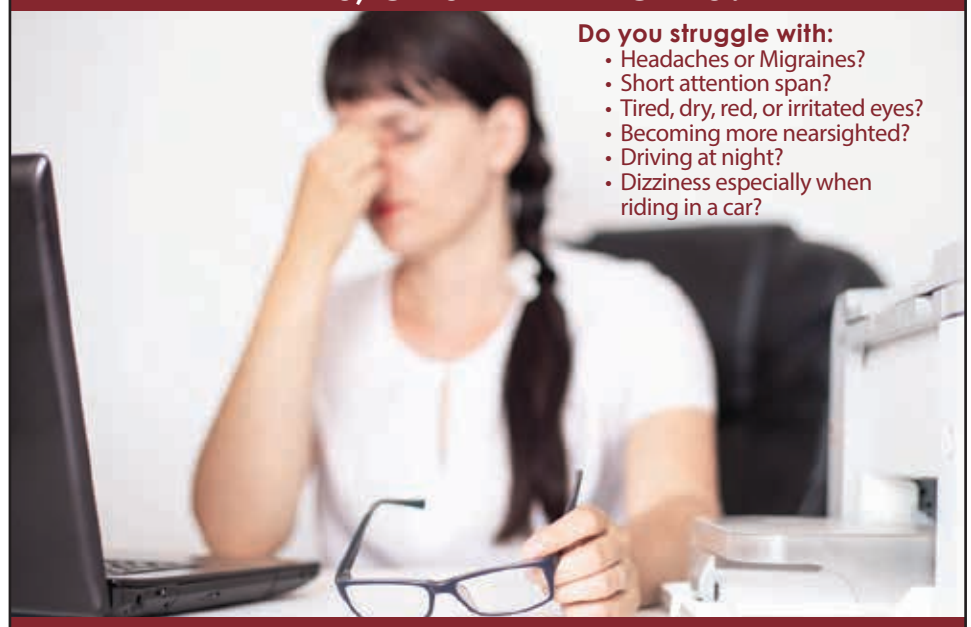
It has a HEPA filter to keep the room fresh and only needs to be changed once a year. I do make it a habit of vacuuming the filter each time I clean the room. It's quiet and best of all it connects to wifi and Alexa so you can start and stop it from anywhere!

Get yourself a good night sleep, allergies or not. Find out more information about the Clorox Smart True HEPA Air Purifier https://cloroxhomeappliances.ca/products

Scan me for more info!

Anderson family visioncare

DO YOU WORK ON COMPUTERS, TABLETS, OR SMART PHONES?



Do you struggle with:
- Headaches or Migraines?
- Short attention span?
- Tired, dry, red, or irritated eyes?
- Becoming more nearsighted?
- Driving at night?
- Dizziness especially when riding in a car?

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AndersonVisionCare.ca

Does YOUR child:
- ☐ Have trouble reading or spelling?
- ☐ Have trouble copying?
- ☐ Have a short attention span?
- ☐ Prefer to be read to?
- ☐ Have poor handwriting?
- ☐ Reverse numbers and letters?
- ☐ Have trouble remembering what was read?

If your child has any of these symptoms, they may have an eye coordination and/or eye tracking problem blocking learning.

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SUPPORT SERVICES FOR FAMILIES

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at 204-788-8200 or 1-888-315-9257

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

Vaccine Information
http://www.manitobavaccine.ca

CRISIS LINES

Klinic Crisis Line
http://klinic.mb.ca/crisis-support/Klinic Crisis Line 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

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

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

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

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Back to School Issue
Deadline: Aug 14th
Distribution: Aug 26th

Oct / Nov:
Travel Issue
Deadline: Sep 13th
Distribution: Sep 23rd

THE SCOOP

Aug	Deadline: Aug 1st Distribution: Aug 6th
Sep	Deadline: Sep 13th Distribution: Oct 1st
Dec	Deadline: Nov 1st Distribution: Nov 15th

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WINNIPEG PARENT

Unstructured Outdoor Play:
Why it's Essential for Your Child's Well-being

By Jan Pierce M.Ed.

If you're losing the battle to get your kids outdoors to play, you're not alone. Our kids' lives are tightly scheduled with school, sports, and other organized activities. There may be few blocks of time in any given week when your child *could* play out of doors.

If that's the case, it would be wise to take a step back and re-evaluate your family's schedule. It's becoming more and more apparent that children need unstructured time to play outside where they can run and jump, enjoy nature and think up their own activities.

The Problems

The Centers for Disease Control and Prevention report that childhood obesity rates in the U.S. more than doubled in the last four decades. Teachers and health professionals note that children are harder to engage in class, more fidgety and anxiety-ridden and prone to depression than any time in the past. They don't get enough time to play actively and they aren't using their own imaginations to plan their own activities.

And, if you're honest, you recognize the problem with technology-related obsessions. If left on their own; today's kids will choose a screen over active play any day. Rather than read a book, create a piece of art or enjoy music, kids want to sit for hours with their eyes glued to a screen. Going outdoors to play, as kids did a generation ago, seems to be an old-fashioned thing of the past.

Somehow just letting our kids play, experience the beauty and peace of a natural environment and think up their own ways to interact with it seems a second rate use of time. Trust me, it isn't. Unstructured, natural play is one of the best gifts you can give your children. Here's why.

The Benefits

Learning

Studies using mice have proven that aerobic exercise increases the growth of brain cells. It also improves performance in learning tasks involving memory. When time for free play is added into a school day, children are better able to focus and are freer of fidgety behaviors.

Math, problem-solving and reading skills improve when kids have enough time to play during the day. And free play in which kids create their own story lines and activities help with creative thinking as they solve academic problems.

Overall Health

Children need at least sixty minutes of active play each day. While they may get some of that in structured physical education classes or team sports, they benefit in a different way when they run and jump and climb without adult oversight. Active play builds strong bones and raises fitness levels. It allows children to burn off energy and excess calories. It builds independent thinking skills.

When allowed adequate time to play in an unrestricted way, children are better able to settle down in classroom situations and are freer of stress, less irritable and display more positive attitudes.

Outdoor play also provides natural Vitamin D which is essential for good health and contributes to a positive mental attitude.

Social Skills

When children play independently they learn valuable social skills. They learn to share equipment or materials. They learn how to work cooperatively in accomplishing a task. They learn problem resolution skills when conflicts arise. There is great value for children in learning to solve problems without adult intervention.

Both Active Play and "Just Being"

Providing time for our children to play outdoors in natural settings will continue to be a challenge, but it's one worth taking on. Think back to your childhood days. You probably spent part of it tearing around in active play and some of it in quiet reflection, just being.

Your child needs time for both.

Jan Pierce, M.Ed. is the author of Homegrown Readers and Homegrown Family Fun. Find Jan at ***www.janpierce.net***

Resources
The Benefits of Outdoor Play for Children, Maria Magher, Livestrong.com, May, 2015.
Exercise for Children: Why Keeping Kids Physically Fit is Good for the Brain and Helpful in the Classroom, Gwen Dewar, Ph. D., 2016.
Seven Benefits of Outdoor Play for Children, Fawns.Co.UK, 2016.

Time to Go Back If We Want to Get to the Future

Photo Credit: Jay M. Greenfeld, Ph.D

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

School has ended for another year and before we wait out the next thunderstorm or affiliated blistering hot day, we will be discussing the forthcoming school year. There has been a lot of focus surrounding the significant longer term impact that COVID has had on our children and their academics, socializing skills, and reliance on technology to function in life. Unfortunately, during the more isolating months of COVID, our children were forced to stay home, attempt to learn in front of their screens, and rely heavily on technology to communicate with their friends. Just because that happened for a short period and during a critical phase of academics, does not mean we need assume our children are limited academically. It is time, to go back to how material was being taught (at home and school), how often the children were needing to practice what they had learned, and how crucial it is to get off their devices.

COVID was not the reason why our children forgot how to read or do homework, it became more of a default and consequently, it was harder to regain the momentum. Therefore, this summer, time to head back to the basics and have your children practice their reading, writing, and Math literacy. If you wonder how you can motivate them, easy, let them know they cannot use any screen or device unless they have done their daily practice of the aforementioned academics. Many students came across barriers during COVID, but decreasing or avoiding any practice of their academic skills throughout the summer, will only create further challenges. Secondly, let your children know that summer is not a time for more screens just because they are not in school for eight hours per day. Summer is the time to get outside, become more active, experience more with others, and bring your academics to life. Thus, begin their days with 15 minutes of some form of academics as a way to prevent Anxiety from developing prior to and throughout September. Moreover, use the time during the summer to help build and shape their academic confidence so that they can feel a greater sense of motivation to reach their true learning potential.

When working with any form of academics throughout the summer, allow your children to take risks, because they are not being graded. It is time to let your children take risks to try new things this summer, read longer books, write or type longer reflective journals, and apply Math skills in every aspect of their day. Lastly, balance independence with support as they take on small but important new academic goals. Instead of making every effort to over protect them from this world while simultaneously under protecting them from what they access online, it is time to go back to your core values so that we can better prepare our children for their future.

Be Sun Safe this Summer

By: CancerCare Manitoba
Introduction: Dana Todd

I love being outdoors and will do so any chance I get. Yet, I have noticed over the last few years in particular, the difference in the intensity of the sunshine. I find I tan quicker (and burn now too), just being out for minutes on those exceptionally hot days. I've begin to apply sunscreen on my face all year long, as well as any exposed skin in the summer months. According to CancerCare Manitoba, the number of new melanoma cases (the most serious form of skin cancer) diagnosed in Manitoba is 20 times higher in 2021 than it was in the 1960s.

CancerCare Manitoba has shared important information to help you stay sun-safe this summer, and throughout the year.

What are the benefits of being sun safe?

Being sun safe can reduce your risk of:

- Premature aging/wrinkles
- Heat stroke
- Diseases of the eye
- Skin cancer

In most cases the benefits of being sun safe outweigh the benefits of sun exposure. For example, vitamin D is a benefit of sun exposure but we can also get vitamin D from our diet. Examples of vitamin D containing foods include egg yolks, some dairy products such as cheese, and fatty fish, like tuna, mackerel, and salmon.

Which cancers can be prevented?

Exposure to the sun and other sources of UV radiation causes up to 90% of skin cancers and other skin and eye damage. According to the 2006 National Sun Survey, adults from Manitoba were most likely to spend time in the sun for at least two hours on a typical summer day and are least likely to practice sun protection behaviour.

There are two types of skin cancer that can be caused by UV radiation.

- **Melanoma** skin cancer starts in the melanocyte cells of the skin. Melanocyte cells are responsible for giving skin, hair, and eyes their colour. These cells provide protection against the sun, hot temperatures, and germs. In some cases, changes to these cells can cause melanoma skin cancer.
- **Non-Melanoma** skin cancer starts in the basal, squamous or Merkel cells of the skin. UV radiation can cause uncontrollable growth of cells in the skin and can sometimes lead to non-melanoma cancer.

Skin cancer is the most common type of cancer in Canada, but also one the most preventable. It's not too late to practice sun safety, start today.

How can you prevent cancer by being sun safe?

Being sun safe protects your skin and eyes from UV radiation exposure, which can help prevent cancer. Protection from UV rays is important all year, not just during summer time as UV rays can reach you on cloudy and cool days. There are three types of cancer-causing UV radiation:

- **UVA** can enter deep into our skin and can cause tanning and premature skin aging. It also plays a role in the development of certain skin cancers.
- **UVB** enters the outer layer of the skin and is responsible for slower tanning, sunburns, and most skin cancers.
- **UVC** is dangerous, even with a short exposure. However, UVC radiation does not reach earth as it is filtered out by the ozone layer.

UV radiation can change skin cells and can cause uncontrolled cell growth, which can develop into cancer. The cells can group together and form moles (bumps or spots that are brown or pink) on the skin. Moles are usually non-cancerous tumors, but a change in size, colour, or shape of the mole may be a first sign of melanoma skin cancer.

How can I be sun safe?

Sun safety is important all year round, not just in the summer. UV radiation can reach you on a cloudy day, and they can reflect off of snow, water, sand, and concrete.

To reduce your risk of cancer:

- Avoid getting a sunburn by covering up and checking the UV index every day. Protect your skin as much as possible when the UV index is 3 or higher. Wear protective clothing, lip balm with SPF (Sun Protection Factor), a wide-brimmed hat, sunglasses, and sunscreen, even when it's cloudy.
- Generously use sunscreen labelled "broad spectrum" and "water resistant" with an SPF of at least 30 on all exposed skin. Re-apply if you are out in the sun for more than two hours and after swimming.
- Limit your time in the sun between 11 a.m. and 3 p.m. The UV index can be highest during these times. Take a shade umbrella with you and look for places with shade when outside.
- Do not use tanning equipment. Tanning equipment can damage the skin and can increase the risk of developing of melanoma.

For more information on being sun-safe, **visit cancercare.mb.ca**

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About Maternal Depression and Anxiety

By Megan Gornik, Isabelle Hadley

Parenting can be challenging at the best of times, but coping with mental health problems at the same time can add an extra layer of difficulty. Much research has demonstrated that new mothers have a high chance of experiencing depression and anxiety after childbirth. Moreover, one thing we know is for most mothers, postpartum depression and anxiety can be a painful experience.

Maternal depression and anxiety have also unfortunately been shown to affect children as well. Maternal depression and anxiety often impact how mothers communicate with their children. For example, mothers with anxiety are more likely to change how they speak when they experience anxiety, such as using less child-directed speech and being less responsive when communicating with their children.

Fortunately, while there is much research that outlines how maternal anxiety and depression can impact the way mothers interact with their children, there are also many ways how this can be helped.

So, what can mothers do to reduce the possible effect of maternal depression and anxiety?

Due to the possible effects of depression and anxiety on their communication, it may be helpful for mothers to monitor how the way they speak might change when they experience mental health problems. More specifically, mothers might attempt to use a higher pitch, with more exaggerated melodies and a happy, excited tone as well as trying to respond to their child quickly and often.

But trying to change how you interact with your child when experiencing depression or anxiety is not easy and doesn't address the root causes.

Mothers should be encouraged to seek support from health professionals and early identification is key. Mothers may also want to try seeking guidance from professionals to help understand ways that they can improve their communication with their children while experiencing these mental health challenges. For example, interaction coaching can assist you in how to be responsive and animated with your child in an age-appropriate way. Mothers may wish to reach out to community programs such as Healthy Baby or Head Start for this.

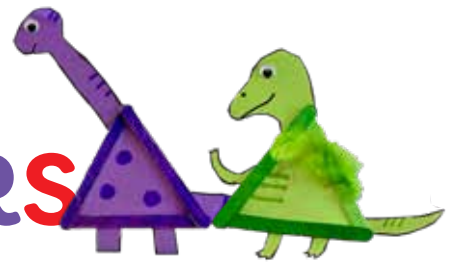
Another possible solution for mothers experiencing mental health problems is mother-child therapy, which can be helpful for both children and their mothers. Concerned mothers may decide to sign up for a mother's group or a community resource for mental health to help manage the unintended effects that may come as a result of depression and anxiety. Often times a general physician can provide referrals to these resources.

Although maternal depression and anxiety may change the way that mothers and children interact, there is little research that explores how maternal depression and anxiety affect mother-child communication and emotional expression in preschool aged children. Due to this gap in research, the Baby Language Lab is currently studying the relationship between maternal anxiety and depression, and the characteristics of language in mother-child interactions.

Megan Gornik is a Ph.D. student in clinical psychology. She is currently ramping up to start recruitment at the Baby Language Lab for her a study on maternal anxiety and mother-preschooler interactions.

Isabelle Hadley is entering her first year in the School Psychology masters program. During her masters, she hopes to continue studying how environmental factors, such as maternal stress, affect infants' development.

SUMMERTIME TRIANGLE DINOSAURS



By Kids@Play
A Community Program by Families Forward

Materials Needed

- Popsicle sticks
- Glue
- Googly eyes
- Construction paper

Step 1:

Colour or paint the popsicle sticks

Step 2:

Apply glue to the ends of each popsicle stick and make a triangle shape

Step 3:

Cut the construction paper into a triangle (the same size as your popsicle stick triangle)

Step 4:

Glue the cut paper to the bottoms of the popsicle stick to make the dinosaur's body

Step 5:

Cut the construction paper into shapes for the dinosaur's wings, tail, legs, head, and spikes (depending on what dinosaur you choose to make!)

Step 6:

Apply the googly eyes and make a face! You can also try glitter, scraps of paper, stickers, feathers, or anything else you want to use to decorate your dinosaur!

Extension Ideas

- Try to make other shapes by gluing popsicle sticks, straws, or cotton swabs together. How many different shapes can you make? Can you name each shape? Try counting each side of every shape you make!
- Try different shapes for different dinosaurs, or make animals or people from your shapes!

Send us in your pictures of your completed craft, and we will post them on our Instagram page!

Famlies Forward provides free family programming in Fort Rouge/River Heights.
Visit https://families-forward.com/ for their calendar of events and more information

What's in a Cardboard Box? Fun Play for Kids!

By Jaime Neefs
Active for Life Contributor

With a few clicks you can get just about anything delivered to your home. It's (scary) simple, shockingly fast, and all too familiar nowadays. Boxes of all shapes and sizes show up on doorsteps and create cardboard congestion in recycling bins. The environmental impact of online shopping is real and rising, which is why these forgotten shipment shells deserve a second chance.

Not to mention that kids often find the most fun in an empty box of possibilities! Check out these fun ways to "unbox" play.

Indoor forts

Stuck inside on a blustery day? Use empty boxes and cardboard tubing to create a custom castle or fort. Add blankets and pillows for extra comfort and fun.

DIY wagon

Take your box outside for some fun! Kids can push, pull, and slide around in makeshift cardboard wagons. When it's time for a rest, see #3.

Drive-in

Grab some healthy snacks and pull up to the "drive-in" with a cardboard box car. If resources and space allows, project the movie in an outdoor space and enjoy under the stars.

Puppet theatre

A big box makes the perfect stage for puppets. Use toys and dolls from around the house, or make your own, and put on a show!

Robot dress-up

Boxes of all shapes and sizes can be fit to make a robot costume. Tip: Use empty tissue boxes for robot shoes and cardboard tubing (cut length ways) for arms.

Tunnel time - Inside or better yet - outside!

Cut out the tops and bottoms from different sized boxes and make tunnels for crawling. Tip: tape them together for a homemade maze.

Colouring cave

Jump inside an extra-large box with a box of crayons and your imagination for a four-walled colouring canvas.

Pretend play

Cardboard can transform into almost anything: a food truck, rocket ship, kitchen, train, time machine… an empty box is full of possibilities.

Send us in your pictures of your completed craft, and we will post them on our Instagram page!

Explore Every Story Summer at the Manitoba Museum

By Manitoba Museum

Are you ready to keep it cool this summer? Enjoy family fun at the Manitoba Museum with hands-on activities and engaging programming happening every day throughout July & August.

If you've loved doing our infamous scavenger hunts, be sure to try your hand at our brand-new Top Ten Treasure Trail! This image-guided hunt will take you on a learning adventure all through the Museum Galleries to discover some of the wonderful TREASURES in our collections. As an added bonus, when you complete the trail, you can enter to win a yearlong family membership!

Looking for more hands-on fun? We've got that! Every afternoon in July and August we'll be hosting a rotating schedule of fun activities: search for camouflaged forest creatures, dig for fantastic fossils, play traditional Inuit games, learn Morse code using a telegraph and more! Every afternoon holds a different adventure, so be sure to plan for multiple visits!

Prepare to be captivated by our brand-new planetarium show, *Forward to the Moon!* Narrated by Mythbuster's Kari Byron, this awe-inspiring vision of the groundbreaking Artemis program details NASA's ambitious goal of landing the first woman and person of color on the Moon. Also playing under the dome this summer is Fred Penner's classic, *In My Backyard*, and the ever-popular *Manitoba Skies* live Planetarium show.

Is saving the Earth on your summer to-do list? Come join us in the Science Gallery to learn how climate change affects our oceans and what we can do to help them stay healthy. The ocean plays an important role in everything we do, from the air we breathe to the food we eat; it even affects the weather! Be sure to stop into the Explore Science Zone for a fun and educational demo!

The Manitoba Museum is open 10 am – 5 pm daily in July & August. To purchase your 3-attraction Museum tickets please visit **www.manitobamuseum.ca**, stop by our box office or call **204-956-2830**.

Winnipeg stereoscope – Try your hand at some olden day technologies! ©Manitoba Museum

Forward to the Moon Poster – Journey beyond Earth in the Planetarium!

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

Visit ManitobaMuseum.ca to plan your visit today!

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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.

Manitoba Museum

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Spend Summer Winnipeg Libraries-Style!

By Winnipeg Libraries

Summer has arrived! Bringing with it warm days, cool treats and the TD Summer Reading Club (TD SRC) at Winnipeg Public Library running until August 30.

Visit any library branch and pick up a free bilingual TD SRC. All of our Winnipeg Public Library branches have free bilingual reading kits for children up to 12 years old. Children colour in each day they spend time reading or being read to and receive a ballot for every five days they colour in. Enter ballots at any branch for a chance to win great prizes like books, swim passes, or tickets to a Winnipeg Goldeyes baseball game on July 21!

There is a huge variety of free programs on offer at all 20 libraries this summer for children up to 5 years old with a caregiver, school age children (6-12 years), families, and teens (grade 7-12). The club and summer programs run until August 30. Registration is open now for July programs, and registration for August programs begins July 8. Come join us!

Teens can have fun at the Winnipeg Public Library too!

Do you have a teen, Grade 7-12? Pick up a bilingual *Teen Summer Challenge Card* at any branch or find it on the website. Each challenge they complete gets them one ballot to enter a prize draw.

Here are our TD Summer Reading Club recommended titles:

When Sunlight Tiptoes by Gillian Sze and illustrated by Soyeon Kim is a sweet board book meditating on the early morning sounds and sights of the city. The illustrations are soft and calming to look at.

Buffalo Wild! by Deidre Havrelock and illustrated by Azby Whitecalf is a vibrant picture book about a boy who dreams of seeing a real buffalo. Then one night a herd of them stampede down from the sky.

Ning and the Night Spirits by Adriena Fong is about a shy boy who befriends a night spirit and then builds confidence as he helps his villagers form a relationship with the creatures from the forest. The illustrations are warm and they make the page glow.

What Will I Discover? by Tanya Lloyd Kyi and illustrated by Rachel Qiuqi encourages kids to ask their own big questions once they learn about all the things scientists are still working to discover. This book is excellent for fostering scientific curiosity and the illustrations are charming.

WILLOW STREET CLUB *by JUSTIN ROBIN*

TD Summer Reading Club 2024

Join the TD Summer Reading Club at Winnipeg Public Library

June 10-August 30

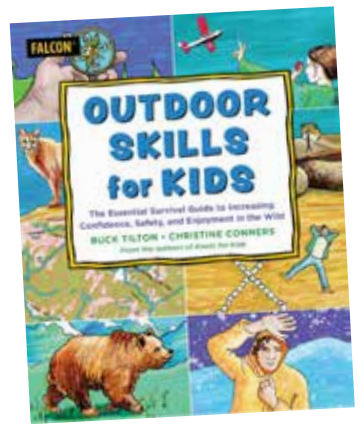
- **For kids of all interests, ages and abilities.**
- **Kids can have fun, improve their reading skills and reduce summer learning loss.**
- **Receive a free bilingual reading kit.**

Keep kids reading all summer!
Registration for July programs begins June 10. Registration for August programs begins July 8.

For more information visit:
winnipeg.ca/library

Winnipeg

WINNIPEG PARENT Book Selection of the Month



HIGHLY RECOMMENDED WINNIPEG PARENT SUMMER READ

Outdoor Skills for Kids:
The Essential Guide to Increasing Confidence, Safety, and Enjoyment in the Wild

Authors: Buck Tilton, Christine Conners
Review by: Dana Todd

THE OUTDOOR SKILLS FOR KIDS, by Buck Tilton and artist Christine Conners is a must-have for kids of all ages who enjoy camping and the outdoors.

- What to do when you get lost
- How to remove a wood tick
- How to signal for help
- What to do if you fall out of a boat
- How to track animal footprints
- How to respond to wild animals
- Basic first aid
- Ways to stay positive in a survival situation
- …and so much more

The fun facts, games and true success stories of kids in these sticky situations keep the book light and fun, while teaching important outdoor and life skills. With great photos Outdoor Skills is something every parent and child who loves spending time in the outdoors should have a copy of in their backpack! Now I'm off to buy a copy for all kids in our family!

Available by order through McNally Robinson and on-line at Indigo Chapters

About the Authors

Buck Tilton teaches at Central Wyoming College and has authored more than 1300 magazine articles and more than 40 books, including Knack Knots You Need, Knack Hiking & Backpacking, and Knack First Aid. His many books for FalconGuides, including the award-winning Wilderness First Responder, have sold more than 300,000 copies combined.

Experienced backpacker, camper, outdoor chef, and artist, **Christine Conners** is the author of the nationally popular Lipsmackin' outdoor cookbook series. If you'd like to see more of her work across other mediums, visit Christine at ***www.artbyconners.com***.

SUMMERTIME MAZE

Help the hikers find their campsite!

HAPPY CANADA DAY!

WINNIPEG PARENT