

WINNIPEG PARENT

BACK TO SCHOOL ISSUE

**How Parents Can
Save Their Sanity**
During Back to School Madness



**SNOOPY & THE
RED BARON**
*Are Landing in
Winnipeg this October!*

**5 BACK TO
SCHOOL**
*Tips, Tricks,
Hacks & Advice*



**IT'S
CONTEST
TIME!**

*See inside
for details.*

**Vaping: What Parents
Need to Know**

**SEE INSIDE FOR
OUR BOOK
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On the Cover: Playmobil® City Life figures with school bus

....and just like that, here we are in September!

I hope that everyone had a summer full of fun memories and a more relaxed pace. Getting back to school, routine and a schedule is something I start to look forward to about the third week of August!

With this issue of Winnipeg Parent, we hope to help you navigate that first full month of routine with:

- Back to school tips and tricks
- How to get a good night sleep for your whole families
- Help your tween and tweens limit screen time
- The importance of goal setting in school and sports

...and so much more!

This next month is a great time to start settling in for the year. The first day of school pictures, maybe learning to find your way through a new school and a new teacher, and just getting back to your everyday family habits with family and friends and we will see you in September!

Enjoy the beginning of the new school year and don't forget to take those fun first day pictures!



Dana

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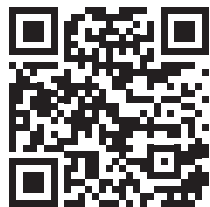
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The Lost Art of Analog in a Digital Age



By: L. Turnbull

As we move forward with new technologies, including smart phones at our fingertips, we have instant access to digital images, digital clocks, calculators, the world wide web, A.I. and more. Some might question the necessity of "archaic" skills, such as reading analog clocks, writing in cursive, and counting money to make change, just to name a few.

In welcoming the digital age, schools have faced pressure to meet the needs of students preparing for a 21st century future. The newest trends of embracing A.I. technology in the classroom, while at the same time enforcing the banning of cell phones in schools, has increased the divide making it a challenge to meet every need. But as Gen Xers realize that today's Gen Zers cannot even read Big Ben, there presents a need to shift toward re-popularizing the "good ol' analog days".

So as parents, what can we do?

We can teach it, just like someone taught it to us. Have an analog clock visible in the main part of your house and highlight it. You can practice reading the clock aloud (including quarter past, half past, quarter to). You can begin by positioning an analog near a frequented digital clock in the home and encourage reading and comparing both clocks. You may also encourage older members of the household with digital watches or cell phones to convert to an analog setting. At our house, I even purchased a dollar store plastic clock and used dry erase markers on the face to highlight upcoming times and colour slices (anywhere from 5 to 30-minute intervals) to help understand time. There are many great ideas of how to approach learning about the analog clock¹ at home or in the classroom.

Now, why would we bother to learn about analog clocks anymore when digital clocks are abundant and dominant?

Consider this, an analog clock may offer a better visual for time management and planning out the duration of time for tasks.

With analog clocks, you can see the time that has past and see the time ahead. People, who are learning to manage time in the mornings before school/work, during the school/workday, or at any other time, may benefit from the concrete aspect that analog clocks offer. "The hands of an analog clock allow [them] to 'see' time move, which helps [them] understand the duration of a task and how much time [they have] before moving to another activity. In other words, [they] will start to understand that it always takes more than 'just 2 minutes,' and build a true time sense."² The ability to see time in 5-minute intervals, also assists with moving along with tasks or breaking down tasks into smaller segments - a visual aid that digital clocks cannot provide. This is especially valuable as a tool to minimize procrastination and is also noted to benefit the ADHD brain³.

There are also many benefits that go beyond reading the clock and time management. It can help with understanding and applying mathematical concepts⁴, such as fractions, skip counting and multiplication, clockwise/ counterclockwise directions, factoring, and overall general improvements with number sense. Finding ways at home to apply understanding of analog clocks goes a long way in extending mathematical foundations that are built in the Early Years classroom continuing all the way through high school.

And if nothing else, perhaps, one day if you find yourself without battery power, you can still rely on your windup analog watch! Just as long as you know how to read it 😊.

L. Turnbull is a mother, educator, and children's book author in Manitoba.

References

- ¹ <https://www.therecoveringtraditionalist.com/teaching-kids-to-tell-time-analog/>
- ² <https://www.linkedin.com/pulse/how-can-i-teach-my-teen-see-time-leslie-josel/>
- ³ <https://www.additudemag.com/analog-clocks-adhd-time-blindness-benefits/>
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IT'S CONTEST TIME!

(Dad joke fully intended)



WIN a Flik Flak watch with our exciting Winnipeg Parent Learn-to-Tell-Time back to school Contest!

Kids' curiosity knows no bounds — and Flik Flak is on hand to celebrate their insatiable thirst for knowledge with Time to Discover.

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- 1 One picture per child
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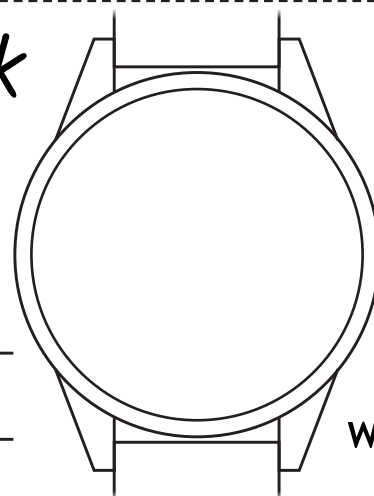
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5 BACK TO SCHOOL Tips, Tricks, Hacks & Advice

Contributed By Sara McCarty
Founder, *Run Wild My Child*

As the back-to-school season kicks into high gear, we know how quickly the days fill up with packed lunches, after-school activities, and the never-ending quest to stay on top of it all.

Whether you're a seasoned pro or navigating this time of year for the first time, a little extra help can go a long way. That's why we've pulled together a list of our favorite tips, tricks, hacks, and advice to make this season as smooth and stress-free as possible. We hope these little nuggets of wisdom help you keep your sanity intact, save precious time, and even sneak in a few extra moments of outdoor fun with your kiddos.

1. Create a Command Center

Dedicate a space in your home for organizing school-related items—think calendars, homework, cafeteria menus, notices, forms, and permission slips—so everything is in one place.

2. Use a Family Calendar

Sync everyone's schedules, including extracurricular activities, school events, and appointments, on a shared digital calendar to stay on top of everything. Assign each person in your family a color for activities. We've heard great things about this digital calendar and chore chart (\$40 off right now).

3. Establish Routines

Develop a morning routine checklist for your kids to follow—brushing teeth, getting dressed, and packing bags—to help them build independence and keep mornings on track. Create an after-school routine that includes a healthy snack, outdoor playtime, and homework time right after school to help kids transition smoothly.

4. Set Up a Drop-Off Zone

Have a designated spot in your house (preferably near the door) for shoes, backpacks, lunchboxes, instruments, and jackets, so everything is ready to grab on the way out the door and they know where to put it when they get home after school.

5. First-Day Tips

The first day of school is usually pretty hectic and overwhelming for kids. If you want to take a great first-day-of-school photo, get them ready the day before school and take it then (that way, they know what they're wearing, will be in a better mood, and won't be rushed). Try not to plan any evening activities during that first week back. And have a snack ready at pick-up (or when they get home).

How Parents Can Save Their Sanity During Back-to-School Madness



By Erin & Stephen Mitchell
Authors of Too Tired to Fight

Back to school can be both an exciting and also chaotic time for families. The kiddos are looking forward to meeting their teachers, reconnecting with classmates and friends, participating in fall sports and activities and possibly also a bit anxious about the unknown of the next school year. With back to school shopping, orientations and events, sports starting back up, doctors visits, and possibly even working in one last family getaway, it is no wonder that families often feel a bit stressed and disconnected as the leisurely time of summer makes way for a more action packed schedule.

While divide and conquer is often the go to strategy to cover all the bases, what are some other ways parents can do or think about to stay connected and save their sanity?

Beware of the Default Parent Syndrome

The default parent is the parent who ends up, by default, doing most of the tasks related to the kids. It is the parent who has the finger on the pulse of the kids: their day-to-day lives; their emotional, social, educational, medical appointments; deadlines for school; etc. This can create a relational imbalance between parents that can lead to resentment and disconnection. This dynamic is often exacerbated during busier, more stressful times such as back to school, putting an unduly burden on one parent while the other parent is more removed.

It is important to note: the default parent is very often, but not always, the mom. Just because the non-default partner doesn't mean for this dynamic to exist, doesn't mean it doesn't. Couples need to discuss this dynamic often unfairly placed on

mothers, and if they don't, the non-default parent is directly perpetuating this dynamic—even if they desire equity on paper.

Being aware of this potential issue is the first step, while putting together a back to school action list and dividing up the responsibilities between both parents (and even children if they are old enough) is a great way to make sure the burden is not shifted onto one person. Once the plan has been put together, make sure to continue to check in with one another to make any necessary adjustments.

Be Responsive to One Another

Be in tune to one another during this hectic time. If one parent is communicating about a concern or issue, it is important to take a moment, be present, hear them and acknowledge what they have shared. The parent intentionally expressing could say something along the lines of, "I feel like I am drowning," or "I am losing myself." If there is no response or support from the other parent/partner, it will create distance and disconnection. Everyone deserves to be seen, heard, and understood, especially by their partner. Taking a time out from the hustle and bustle and creating intentional space for a conversation about how each partner is feeling allows for that opportunity. It doesn't need to be daily or require a dinner out, it can be as simple as 10 minutes on your backyard patio.

Erin and Stephen Mitchell are the cofounders of Couples Counseling for Parents, a company focused on providing access to research-informed, psychologically sound online education for couples who are navigating staying connected while parenting. Both have a clinical education—Stephen, a PhD in medical family therapy, and Erin, a master's degree in counseling psychology—and they have a combined 23 years of experience providing counseling and education. They have been married for 16 years and have three kids. Their book, "Too Tired to Fight," is available internationally at major booksellers. Learn more on their website: <https://couplescounselingforparents.com/>.

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!  

Unlock the Ample Benefits of Learning French

French immersion programs and French-Second-language learners are a key component to making a strong, dynamic and bilingual Canadian society.



By Canadian Parents for French

Bilingualism, and French-Second-language learning opportunities, are proven by research to provide developmental benefits to children both short-term and long-term. As awareness increases around the benefits of FSL learning (cognitive, cultural, economic, social and employment), there continues to be rapidly growing enrollment in FSL.

English-French bilingualism is widely considered a cultural and economic advantage, both on an individual and a national level as reported by Statistics Canada (Insights on Canadian Society, Results from the 2016 Census: English-French bilingualism among Canadian children and youth).

"...program delivery has evolved to be inclusive of all learners."

"Access to French second language resources from an early age can provide children with valuable linguistic skills and cultural understanding that will benefit them throughout their lives. Think about the positive impact that French Immersion educational programs offer in supporting learning and the importance of the work that French immersion teachers do, making a significant impact on changing the lives of students from one end of Canada to the other," shares Joel Martine, Executive Director of Canadian Parents for French Manitoba.

Statistics on enrolment in French immersion and the use of French in adulthood to help dispel commonly held beliefs and feature how the program delivery has evolved to be inclusive of all learners. According to Statistics Canada, Census in Brief 2021 (released February 2024),

Nearly 450,000 school-aged children are currently enrolled in French immersion (11.9% of eligible students).

Half (50.2%) of children and adults, with one year+ in French immersion can have a conversation in French.

Close to half (47.0%) of school-aged children, with one year+ in French immersion, have an immigrant background.

Two-thirds (65.7%) of bilingual young adults, with one year+ in French immersion, use French into adulthood, at home and at work.

Canadian Parents for French is a grassroots, pan-Canadian network organization promoting access and opportunities for anglophones and allophones to learn and use French as a second language.

With financial assistance from the Department of Canadian Heritage, CPF has been able to fulfill its mandate of promoting and creating opportunities for students to learn and use French, as well as playing a key role in raising public awareness about the importance of French as a second language education and informing and influencing educational decision makers.

We are always seeking people to get involved as a volunteer, as a participant and also as a donor as we are a registered charity. Please click to connect at www.cpf.ca

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Fall Early Literacy Sessions Beginning at the Winnipeg Public Library!



By Winnipeg Libraries

Summer ending means the end of hot days, but there is excitement with fall and the back-to-school season! At Winnipeg Public Library, fall also brings new early literacy sessions.

Our weekly sessions of Baby Rhyme Time, Toddler Time, and Family Story Time will run Tuesday, October 1 - Monday, December 2. There will be sessions at every branch, running at various times and days of the week. Registration will open for Fall Early Literacy on September 9.

The library also has tons of wonderful fall and back-to-school books. Here are a few that we recommend:

The Number Store: A Sunday Adventures Book by Harold Green and illustrated by DeAnn Wiley is a counting book all about the things kids encounter at the grocery store. This is a fun book with vivid illustrations.

The Curious Why by Angela DiTerlizzi and illustrated by Lorena Alvarez is the perfect book for curious kids with lots of questions. This story will encourage their imagination as they consider the world around them.

One Giant Leap by Thao Lam is about a snowy walk to school that is transformed into a trip to a new world through a child's excitement and imagination.

Frank and Bert: The One Where Bert Learns to Ride a Bike by Chris Naylor-Ballesteros is all about learning something new and pushing through even when it's hard. With confidence and trust in each other Frank and Bert will learn to bike down the hill together.

For more great book recommendations visit the library website at winnipeg.ca/library. You can also check out the Early Literacy Info Guide at <https://guides.wpl.winnipeg.ca/earlyliteracy> to find out more about our early literacy programs.

The One Simple Secret to Help Your Child Become More Confident



By Briana Tomkinson
Active for Life Contributor

The role of confidence in developing physical literacy

The “recipe” for physical literacy is simple: skills, confidence, and love of movement. If your child has developed a belief that they’re “just no good” at certain sports or activities, ask yourself:

- Do they need help to learn or strengthen specific skills?
- Do they need more practice so they can develop confidence in their abilities?
- Do they need help to rekindle their love of movement?

When something feels too hard, it’s because it’s too big a step from where your child is right now. As parents, we can help them find the next rung on the ladder.

If your child wants to become a better runner, play games of tag or soccer together so they have more opportunities to practice this skill. If it’s the monkey bars that are difficult, visit playgrounds and let them keep trying. Activities like tree-climbing and gymnastics can also help your child develop the upper body strength they need.

If your child has become discouraged or lost interest in an activity that used to be a favourite, support them by taking some pressure off. Switch things up and try something new.

Big achievements begin with small, simple steps

Just like learning to read or play the piano, learning to move takes practice. No one expects a child’s first book to be a novel, or their first song to be a symphony. Big achievements begin with small, simple steps.

As parents, we can help by valuing what our kids can do today and giving them lots of opportunities to challenge themselves and push their own limits.

We can also encourage kids to explore what they can do with simple questions like:

- How high/fast/far/quickly/slowly... can you jump/climb/swing/run...?
- Can you do that with your other hand/foot? Can you do it backwards?
- I wonder if...

Feeling good about a small win lead to a little more confidence, which provides the momentum to attempt new challenges and experience more successes.

Start a New School Routine this Year



By Katharine Watts
Active for Life Contributor

3. Take the scenic route

Several studies show that time spent in nature can improve our mood and reduce anxiety. Not every walk to school has nature trails, but you can still find the scenic route. Take the long way and go through the local park, find some green space. Leave time to notice things happening in nature. Stop to watch an ant for a few moments, look at the flowers, feel the breeze. This mindful approach to mornings pays off with a calmer day and much-needed connection time.

4. Add wheels

There’s something about rolling into the schoolyard that makes the day seem special and fun. It’s also hugely beneficial for stress relief and energy levels, and kids who get a burst of movement before school may have increased concentration in class. If you can find a way to get the kids to school that involves pedal power—like a scooter—you’ll be so glad you did.

5. Add props (and leave early)

It’s amazing what a skipping rope, sidewalk chalk or a shovel in the winter can add to the morning commute. Drawing hopscotch on your usual routes will make them more exciting, more active, and more fun. Just make sure you leave the house early. This provides an opportunity to slow down instead of rushing and connect with your kids instead of constantly reminding them to hurry.

Katharine Watts is an Active for Life contributor. For more of her articles on getting your kids active, age-appropriate activities and connecting your kids with nature visit activeforlife.com



Be part of the community!

What school routines have you found to be successful for your family?

With the school year just beginning, it’s a great time to start a new routine. Sending your kids to school for the day with some movement and nature time is one small way to start your whole family’s day in a positive way. And let’s face it: Avoiding the chaos of the dreaded drive-in school drop-off line is a major bonus.

The best balm for kids’ and adults’ souls exists outside. Fresh air offers a way to refresh our minds, get our bodies moving, and take a big, collective deep breath.

Consider these fun and active ways to get from point A to point B, and enjoy some fresh airtime before the school day begins!

1. Put some pep in their step with some favourite tunes

Research has shown that music boosts listening, cooperation, and trust (all things that are very helpful in getting kids out the door to school). In our music-loving household, I have found this to be true—and I’ve noticed a difference on our walk to school as well.

Need song suggestions? Try a school-themed playlist with favourites like “We’re Going to be Friends” by Jack Johnson or a bright and sunny playlist with Renee and Jeremy’s versions of “You’re My Best Friend” and other classics.

2. Adopt a walking buddy

There’s nothing quite as motivating as making a commitment to walk with a friend. This can provide a whole new perspective to their day, as kids often feel more positive about movement when friends are involved. It will also get you and your kids out of the house earlier. For older kids, they can build leadership skills by volunteering to walk younger kids to school (and they might even get a paid babysitting gig out of it).

“...slow down instead of rushing and connect with your kids instead of constantly reminding them to hurry.”

I love to watch toddlers as they learn to walk. No matter how many times they fall down, they just keep pulling themselves up to try again. Even when they get hurt, they’re often right back at it before their tears have dried.

Yet at some point this changes. Starting as early as in preschool, and certainly by elementary school, kids start to get the idea that they’re just not good at certain things. Whether it’s running, reading, math, or monkey bars, they lose the confidence to just keep trying.

“...self esteem isn't something we can improve directly. It's a byproduct of confidence.”

As a parent, I know how hard it is to rebuild a child’s self-confidence when they’ve reached this point. That’s why I love this simple tip from psychologist Nick Wignall: stop trying to build self-confidence and start focusing on self-efficacy—in other words, your child’s sense of pride in what they can accomplish.

As Wignall explains, what we believe about ourselves impacts how we feel, and that in turns affects what we do. Yet self-esteem isn’t something we can improve directly. It’s a byproduct of confidence. And confidence is developed by doing.

Wignall offers these helpful tips:

Don’t confuse cause and effect.

You can’t do a goal. You can only do things that eventually result in the goal becoming realized. If you waste your time and energy trying to do goals directly, you’ll have little time or energy left over for working on the things you actually have control over.

Get more specific.

The key to achieving goals is confidence. But the key to confidence is setting very small, specific mini-goals that you can reliably achieve, and as a result, start building up confidence.

– Dr. Nick Wignall, psychologist

Try Sidewalk Chalk to Make Those First Days of School Easier!

By Dana Todd
Winnipeg Parent

I know this may seem like a funny idea but stick with me. Sidewalk chalk is a great resource to you on those first days of school! Whether you have a hesitant child unsure if they want to go to school, a very reluctant child who knows they don't want to go, or a little one who can't wait to get there – sidewalk chalk can start your family's day off on an upbeat note.

Try this! The night before the first day of school –sneak out and draw a hopscotch on the front sidewalk. I did this for years and this is what happened; In the morning, we would get up, go out the door and voila – an activity to take your child's mind off (if only for a moment) what worries them about those first days of school. My daughter would look forward to the getting out the door to see what she would find on her way to school.

After the second year of this tradition, I noticed a few things happening. Firstly, she looked forward to school beginning to see what would appear on the front sidewalk and she didn't dawdle. Secondly, I realized that both of us began our day with something positive. This had a big impact on her attitude going into her day. It also had a giant impact on mine. Starting the day with something that is sure to make you smile is something everyone needs to try! And finally - this was the fun one – I watched our neighbors become part our 'little game'. Smiles and giggles on our front walkway for everyone!

And there are so many variations on this idea. Take your sidewalk chalk and draw a path of happy faces to follow. If your child is already reading, encouraging words or a small note could be fun. A little bit of colourful delight goes a long way to starting your day off on the right foot. Get creative and it a try!



Why Recess is as Valuable as Any Subject in School



By Amy Walsh
Mom of 3, Olympian and former Professional Soccer Player, Active for Life Contributor

"...schools should treat recess as a vital component of a student's day."

My eight-year-old son, Jack, is in grade 3. School, thankfully, isn't a battle. In fact, he likes his teachers, has fun with his friends, and seems to enjoy most of what a school day entails. When pressed to name a favourite subject, though, he doesn't hesitate: Phys ed.

Recess is a close second, which begs the question: is recess even a subject?

To young kids it is, and a valued one at that. Recess permits fidgety bodies to run, jump, explore, and engage in different and more stimulating ways than sitting at cramped desks for hours on end. (According to the 2016 ParticipACTION Report Card on Physical Activity for Children and Youth, kids spend 50-70 percent of their time sitting.)

Recess is freedom.

Recess is a welcome break.

However, the arguments against recess are easy to make. Teachers are overworked, underpaid, and pressured by time constraints and curriculum demands. They need more time to teach and recess is seen as an unnecessary impediment. It isn't time well spent; it is a waste of time.

A growing body of evidence is indicating that physical activity promotes brain health and leads to improved thinking, learning, attention, and focus (ParticipACTION report card, 2018). In order to listen, learn and behave, kids need to be active. If a child is disruptive or inattentive, recess could remedy behavioural issues and improve the classroom dynamic.

As valuable as any other subject taught at school, schools should treat recess as a vital component of a student's day. Recess is not a reward for good behaviour, nor is it a privilege. Recess is a right.

Coupled with a more sedentary lifestyle, the decline in recess time has many children struggling to meet the recommended 60 minutes a day of moderate activity.

While the Finnish model has long been heralded as the gold standard for schooling, Canada has been slow to adopt many of their practices.

In Finland, students and teachers take a 15-minute break for every 45 minutes of instruction. The last I checked, my son gets two 15-minute recess periods per day, one in the morning and one immediately following lunch. In between those precious breaks, there is a lot of sitting while trying to pay attention. More frequent breaks would enhance physical and cognitive development while improving a child's ability to focus and learn.

Katy Bowman, a noted biomechanist who studies the role movement plays in the body and in the world, writes about the benefit of "movement snacks" interspersed throughout the day. She suggests that instead of looking at the Canadian recommendation of 60 minutes of moderate to vigorous activity for kids as one or two periods of scheduled "exercise," schools and families should reorganize their days to fit in as much movement as possible.

Classrooms might include standing desks and provide cushions or mats to facilitate sitting on the floor, and outdoor play could be used as a teaching tool.

Families could integrate more active transportation, encourage free play outdoors, and reduce screen time. When movement is layered throughout your day, it all adds up. Recess does help, though. If every school gave kids four 15-minute recesses in a day, I believe many children could easily meet the Canadian physical activity recommendations.

While I'm uncertain if and when anything will change regarding recess in our schools, I do know that when that bell rings, it is a sight to behold as kids spill out into the schoolyard, equal parts chaos and excitement.

My hope is that our school boards and governments are just as excited about the link between increased physical activity and success in the classroom, and will encourage teachers to value recess as a crucial part of the curriculum.

INTRODUCING



REVIEW GROUP

If you would like to be a part of the WP Fun Review Group or have a product you would like us to review, send us an email at winnipegparent@bouncedesign.com

Vaping: What do Parents Need to Know?

By Cynthia Carr

M.P.A., M.Sc., ICD.D, Cert. Health Law
Interim Executive Director,
Manitoba Tobacco Reduction Alliance

My children are now young adults, but I remember like yesterday my concerns about their health and well-being. From the first terrifying car ride home from the hospital (where every driver seemed to be driving too fast) - the first day of school - first heartbreaks of not making a team - arguments with friends, and facing decisions as they became more independent, needing to make decisions without me.

I never thought about vaping, like ever...

It seems that we blink, and our kids are heading out to middle and high school. This is where it gets tricky. Kids want to impress kids; they don't want to be the one to stand out. They will trust what other kids or the "cool group" does and says. **The earlier we as parents understand challenges ahead, the earlier we can add information to the chats we have, preparing them for risks they face.**

I did not even know what a vape looked like. That was until the morning after my daughter's 16th birthday celebration six years ago that got out of hand (thanks social media!). I saw almost no "cigarette butts" but there were several used vape cartridges and other vape products in the yard and bathrooms.

Vapes come in many sizes, colours and flavours. Some are so small that they are easy to hide in the palm of your hand. You also really don't smell anything. The colours, flavours, marketing and "tricks" with the vapor gives the impression that vapes are harmless and fun.

I was shocked...

If you want to see "cool vaping tricks", there is no shortage online and in social media. This means that every young person that can access a the internet is at the mercy of: 1) companies looking to sell these products and 2) social media "influencers" that perform for "clicks" and "likes".

This is a "resource" that popped up when I typed in "vape tricks":

"28 Vape Trick Tutorials from Easy to Expert" starting with the introduction:

Both beginner and advanced vapers can impress friends, develop a new skill set, and simply entertain themselves by learning new vape tricks ... [f]amous YouTubers, and competitive cloud chasers alike manage to make even the most complicated vaping stunts look easy.

There is nothing sporty, cool or "skilled" about vaping. While vapes **can help current smokers** reduce or quit smoking, they still provide highly addictive nicotine. The flavoured vape "juice" (popular with youth) is full of chemicals I cannot even pronounce!

Things that might surprise you:

Uptake: One in seven Canadian youth vape. More than 1 in 3 of these youth have never smoked cigarettes (Vaping is "stepping IN" to nicotine for them, NOT stepping out of smoking).

Youth Perceptions: Youth say that they vape because it helps manage stress, anxiety and they feel they "fit in".

Risk

- Nicotine, a highly addictive substance found in vaping products, poses significant health risks, particularly to the developing adolescent brain.
- While nicotine may provide a short-term sense of relief, it can also lead to an increased stress response in the long run.
- The most unsafe area reported in schools is the bathroom due to bullying and vaping.
- Most youth report choosing vape products with the highest level of nicotine that can be sold.

While this may seem like daunting information, there are supports available to help you learn about how to talk to your kids about vaping. These supports can also help you if you want to reduce or quit smoking or vaping.

Visit www.mantrainc.ca to learn more.

How do Parents Afford Their Children's Extracurricular Activities?

Katherine Watts

Active for Life Contributor

Dana Todd

Winnipeg Parent

A previous 2018 Ipsos poll showed that 32 percent of Canadian parents go into debt for their child's extracurricular activities, spending an average of \$1,160 over the school year.

My kids will often approach me with a request to try a new activity—karate, parkour, soccer, you name it. And while I'm thrilled that they're excited about things, I inwardly cringe at the idea of spending so much money (and time) on multiple sports and activities.

But I also recognize the value of organized sports, so we try to make at least one extracurricular happen for our kids each season. I've felt bad about not providing more in the past, but apparently, I shouldn't.

"Although extracurriculars are good for kids, too many can cause a lot of stress," Dr. Shimi Kang, a Vancouver-based psychiatrist who specializes in child and adolescent psychiatry, told Parents Canada.

In short, extracurriculars can provide a great physical outlet and chance to try something new, but we don't need to put pressure on our kids or ourselves to have a packed schedule (and we definitely don't need to go into debt for them).

"I've felt bad about not providing more in the past, but apparently I shouldn't."

Here's how some families choose to spend their extracurricular budget, and how they make it work with different budgets and time constraints.

Reallocate childcare funds to extracurriculars once they start school

Once kids start school and no longer require full-time daycare, some parents take that 'already spent money' and reallocate a portion to activities

Spending less/within their means

Other parents spend a small fraction of their earnings on extracurriculars. "My kid participated in band this year, which was his first thing ever like that," says one parent. "It cost \$30. I also buy us a family pool pass so he and I can go as much as we want. I think it's about \$250. I spend less than \$300 for a year."

Paying for the must-dos (and keeping schedules relaxed)

"We will always pay for swim lessons because that is a life-saving skill," says one parent. "But, for other activities, so far we have only done a few rec things for our oldest. We have friends with older kids who are busy every weekend day and multiple weeknights for a large chunk of the year, and that honestly feels way too stressful to me."

Use free or low-cost options (like school clubs and city lessons)

"My kids are on the chess club and that is free through," says one parent. "[We do] ice skating and skateboard lessons through the city programs.

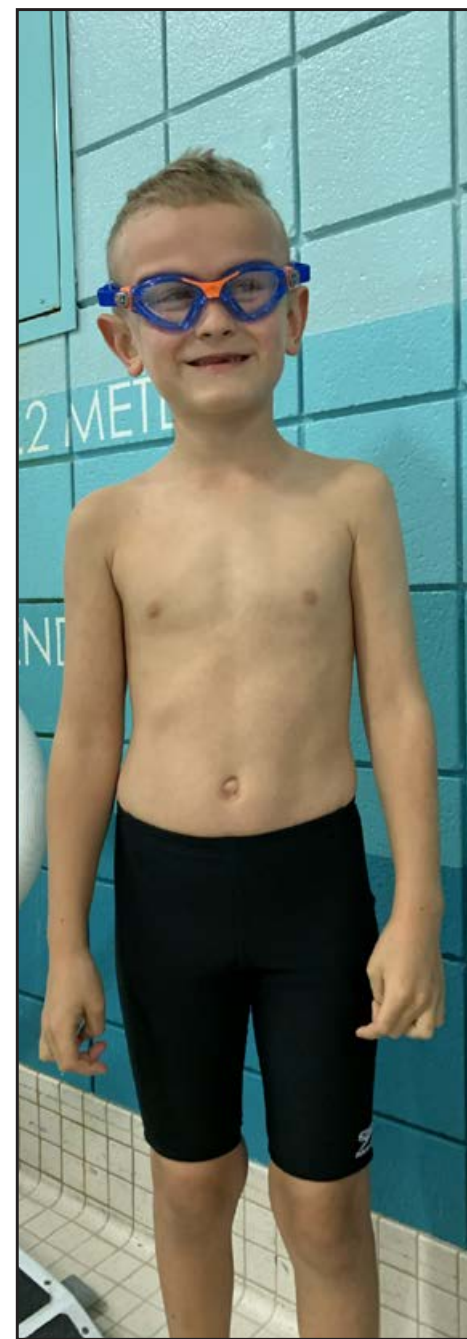


Photo Credit: Deanne Morgan

Investing in the family's mental and physical health

For Emilia, who is expecting her fifth child, extracurriculars are a great way to manage her family's multiple ADHD diagnoses. "My kids want and need to be active," she says.

Support the kids' passions, regardless of cost

Elizabeth, a mom of three kids who play competitive soccer, says it's expensive but worth it. "They love it and give it 150 percent."

Other suggestions that may work for you:

Family memberships to gym facilities, provincial parks, the Pan Am and other city pools. The Leisure Guide has an incredible variety of extra curricular activities from pottery, arts and crafts to volleyball, badminton and more.

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For information and resources on youth vaping, smoking, and nicotine use, visit mantrainc.ca.



Fun (and Practical) Ways to Get Moving with a Newborn

By Susan Scandiffio
Active for Life Contributor

Following a pregnancy, taking time for your mental health and wellbeing is vital as it may be suffering due to lack of sleep. Gentle exercise helps you feel better, provides energy, and eases anxiety, and it is also an excellent way to connect with your baby.

In a recent Toronto Star article entitled "Tips for returning to fitness after pregnancy," Jaclyn Bonder, medical director for Women's Health Rehabilitation at New York-Presbyterian/Weill Cornell Medicine Center, merely cautions that women should be monitored by a healthcare provider as they restart an exercise regimen.



How to be active while at home with your baby

There are plenty of ways to be active without leaving your house. While your baby is awake, lay out a yoga mat with your little one beside you on their own blanket or mat. You don't have to do anything major here. Just stretch your body. Move around in a way that feels good.

Getting out and being active with your baby

Whether you take your baby in a sling or a stroller, walking is a wonderful way to realign your hips and joints after pregnancy. Walk alone, with your partner or friend, or find a stroller walking group through local websites or social media from your neighborhood.

Concerned you won't follow through? Consider telling a friend or family member your intention. This is a great way to keep motivated.

Baby steps for everyone

Respect your body and have the patience to know that you're setting a foundation for a lifetime of being an active family with every small choice to move. With or without your baby, it all adds up. And when in doubt, simply put your baby in a sling and dance together.

Need some additional guidance?

YouTube has plenty of instructional videos for postpartum moms which range from 10 to 30 minutes.

How You Can Use Physical Activity to Help Your Child with ADHD



By Cheryl Wozny
Active for Life Contributor

Children with ADHD can face many daily challenges at home and at school. Finding effective tools and strategies are essential as they grow and develop. These struggles have been a regular occurrence for my family with my son, who was diagnosed with ADHD at age seven.

He has always been an active boy, and we love his energy and enthusiasm for things. But in a school setting, it can sometimes cause problems for him, his teachers, and the other children in the class.

Thankfully, with help from a child psychologist, teachers, and his pediatrician, we've been able to find effective tools for him to use each day. These methods let him find an outlet for his energy while not disrupting others. As a bonus, some of these physical activity recommendations help our son manage his ADHD symptoms during school hours.

Some methods to give a try

Methods for managing ADHD symptoms can vary depending on the child's age. As my son has grown older, he recognizes the times when he may need these breaks. We have successfully integrated simple physical activities into his day.

Not everything we tried worked well, but with the help of his teachers, we have found some positive methods that we still use today.

Some of the more popular ones we have used throughout the years include:

Yoga stretches in the hallway

One stretch that worked well was to lie on his back with his feet up the wall. This pose improves circulation and helps to regulate breathing. With this method, he could get out of the classroom to reduce overstimulation. It takes just a few short minutes alone in the hallway.

"It's always a good idea to have a variety of ideas and methods for when you face the tougher days."

Delivering messages

His teacher gave him a special task—delivering messages and paperwork to the office. This helped get him up and moving out of his seat periodically throughout the day. This worked well when he was younger, and he still likes taking a walk even now in high school.

Activity breaks

Now that he's in high school, the basketball court is right outside his classroom window. Since he's older, his teacher allows him to take short 10-minute basketball breaks when he needs them. He can then return to class, ready to focus once again. This arrangement is only helpful when my son is acting responsibly that day. He is to stay in the designated area and return to class within the allotted time. This can work similarly with another activity your child might be interested in.

Key takeaways

Some days these tools work well, and other days, they don't. It's always a good idea to have a variety of ideas and methods for when you face the tougher days.

On the good days, including physical movements during school hours has helped my son settle into the classroom routine, which helps him, his classmates, and his teacher. Try talking to your child and see which activities might spark their interest. You may be surprised at how willing they are to complete a math worksheet when they know of an upcoming break.

Finding the perfect balance of focus and physical activity can take time. But in the end, it's a great solution for everyone involved.

Tweens, Teens, & Screens

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

With the recent attention on cellphone restrictions leading into the 2024-25 school year, it is no surprise that many students oppose the potential regulations. Research over the last several decades shows that intelligence peaks around the age of 25, meaning the young student brain is still developing. Despite what many students believe, they have much to learn. As parents, it's important to understand that the anxiety, depression, sleep deprivation and social deficits that have emerged from overuse of screens is well researched and can no longer be ignored. One crucial life lesson is that unrestricted cellphone use leads to more classroom distractions and social isolation, as students rely heavily on screens for communication. This dependence limits one-on-one interactions. Our tweens and teens have become so dependent on their screens that they have lost the art of thinking for themselves, focusing for more than 15 minutes, and managing emotional responses when screens are removed. These patterns are not just creating challenges in schools now and pave the way for an entire future generation of employees who will not be able to focus on their work.

"...this is a pivotal moment where you need to guide them."

Although your children, tweens, and teenagers may become angry, frustrated, and annoyed, thinking you are the worst parents in the world for imposing screen limits, this is a pivotal moment where you need to guide them. Help them see the long-term benefits of screen-free days. The need to post, read, comment, like, and respond has sent a generation of students into disarray and confusion without their devices. Thus, in addition to the group we are introducing at our clinic this Fall, as parents, set the example. Have screen-free days, teach adaptive skills that will benefit them now and into the working world, encourage face-to-face intrapersonal exchanges, and help them see they can survive without screens. At the clinic, we assess children for attentional and learning challenges regularly. Thankfully, services and accommodations exist for the students that need it. However, by taking preventative steps to limit dependence, our students can live a more relaxed, focused, and complete life, now and into the future.

SUPPORT SERVICES FOR FAMILIES

Contact Health Links-Info Santé
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://klinik.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://klinik.mb.ca/in-person-counselling/sexual-assault-crisis-counselling/> "o "Klinic Sexual Assault Crisis Line" 204-786-8631
or 1-888-292-7565 TTY 204-784-4097

Manitoba Farm, Rural & Northern Support Services

<https://supportline.ca/> - online counselling •
1-866-367-3276 (hours Mon-Fri 10 am to 9 pm)

First Nations and Inuit Hope for Wellness Help Line

1-855-242-3310 - Counselling available in English and French. Upon request, in Cree, Ojibway, and Inuktitut

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Oct / Nov:

Travel Issue

Deadline: Sep 13th

Distribution: Sep 23rd

Dec:

Holiday Issue

Deadline: Nov 8th

Distribution: Nov 25th

THE SCOOP

Sep Deadline: Sep 13th
Distribution: Oct 1st

Nov Deadline: Nov 1st
Distribution: Nov 15st

Dec Deadline: Dec 13th
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WINNIPEG
PARENT

The Importance of Setting Goals and Defining Success for Youth



By Isabel McQuilkin

Goal-setting can help kids build confidence, maintain focus, and see improvements from their hard work. It's a powerful tool that can help them succeed in all aspects of their lives, from their athletics and academics to their personal lives.

As with all goal-setting, kids who set goals in their sports should focus on SMART goals: specific, measurable, attainable, relevant, and time-specific. Additionally, setting controllable goals, or behaviour-based goals, is vital to ensure kids focus on goals they have the power to control and accomplish. Behaviour-based goals focus on making changes to one's own action or behaviour. In comparison, result-based goals focus on the outcome or result of the goal.

For example, committing to focus on improving speed and power on the ice, or being more prepared for training focuses on changing a specific action. The goal of scoring three times every game, or winning a tournament, relies on the actions of other people and is out of the athlete's control, so it's more likely to result in frustration and disappointment. By setting SMART and controllable goals, kids will feel empowered and be driven to continue to reach their goals.

Defining success

Achieving a goal and feeling successful is a deeply personal and subjective experience. What does success really mean, and how can kids define success for themselves?

Success is the accomplishment of a goal, therefore goal-setting is an essential aspect of determining success for youth in sports. As success is an individual experience, it should be determined independently of the actions of other people. By defining success as winning a gold medal, it can be easy for kids to interpret anything less than first place as a failure, even if they had a personal best performance or improved on a specific goal they had been pursuing.

Additionally, success is a term that can be applied to accomplishments of all sizes. While being named "most valuable player" or a personal-best performance always feels excellent, more minor accomplishments are equally important and deserving of the title of success.

Accentuating small successes in practice and everyday life can build confidence, increase motivation, and deter the idea that success is synonymous with perfection.

How can you introduce goal-setting to the young people in your life?

Goal-setting with kids should be fun!

While the idea of goal-setting can sound intimidating, a goal is really just a dream with a plan to achieve it.

Start by asking your child what things they dream of accomplishing in the upcoming weeks, months, or years. Then brainstorm with them ways they might get there. For example, if their dream is to finally land an axel in figure skating, steps to achieve that goal might be committing to off-ice jump practice once a week. Or, if their goal is to make more friends on their soccer team, they might have the goal of talking to one new teammate every practice.

Keep in mind the components of a SMART goal when creating the plan and ensure the action taken to achieve the goal is realistic. Also, while it's incredibly beneficial for kids to feel supported by the adults in their lives, allowing them to lead their goals and commit to steps to achieve them on their own is useful to allow them to direct the train on their dreams.

Goal-setting, defining personal success, and knowing how to create a plan to achieve a dream will help keep kids driven and confident in their futures.

How to Get Kids (and Maybe the Grown Ups) to Eat More Veggies



Photo Credit: Dana Todd

By Lori Fireman
Active for Life

To get our kids to eat vegetables, we parents have been known to resort to all manner of creative strategies: the choo-choo and airplane method for babies, the Pinterest-approved broccoli castles and Elsa princess-shaped casseroles for toddlers, and the ever-popular hiding-veggies-in-sweeter-stuff technique for uneasily impressed older kids.

Well, prepare to be dazzled, folks, because according to a study published in *Preventive Medicine*, it turns out there's an even simpler approach that's been under our noses the whole time: **playtime scheduling.**

Specifically, when researchers followed seven schools, three of which moved recess from after lunch to before, and four that kept recess after lunch, they discovered the time of play made a big difference.

How's this for encouraging:

We find that moving recess before lunch increased consumption of fruits and vegetables by 0.16 servings per child (a 54% increase) and increased the fraction of children eating at least one serving of fruits or vegetables by 10 percentage points (a 45% increase)."

-Study authors Joseph Price and David R. Just

Why does this work, and how can we apply it to non-school related vegetable eating? Firstly, we know that when kids had only class to look forward to, they weren't in as much of a rush to finish eating, so they'd eat what was in front of them.

Conversely, if your kids do their homework when they get home, and you want them snacking on vegetables, you have a greater chance of getting them to eat more, knowing they're unlikely to be eager to begin their work. Dinner timing, too, can be manipulated, so that their eating is scheduled after they've already been out to play.

Need more anecdotal proof? Consider the difference between the way kids eat lunch at school during cold weather versus warm. In fall and spring, when my daughter and her friends have the opportunity to play outside, all us parents grumble about getting home with barely eaten lunches. However, in winter, when it often gets too cold to play outside, their lunch boxes come back mostly empty.

So what's the take-away from this study? Playtime is a great motivator for our kids, so keeping them active as an incentive to get them to eat better is, well, the icing on the nutritious cake.

Lori Fireman, always picked last in gym class, can now be found walking everywhere, starting each morning working out to her favourite Broadway tunes. A former movie and theatre critic, she is mom to an amazing 5-year-old daughter who prefers sneakers to party shoes, and running to sitting still.

Back to School: Will It Be a Good Year or a Struggle?



By Dr. Matthew Anderson
Developmental Optometrist

With the new school year about to start, while a lot of parents are looking forward to it, many families are dreading returning to homework battles and other school-related struggles.

What can parents do to help ensure this school year will be better than last year? How do you help a struggling reader when nothing seems to make a difference?

Simply put, if your child has a vision problem, it can make reading and learning difficult. And, in most cases, the child will continue to struggle despite the best interventions.

Most people incorrectly assume that if their child can see in the distance that they can see fine up close at reading distance. There are actually more than 17 different visual skills that are vital to academic performance and being able to see the letters on the eye chart is only one of those skills. In addition, the majority of eye coordination and eye movement problems that impact academic performance are not detectable through your child's wellness check, vision screenings and most eye exams.

Homework battles often occur when there is no apparent explanation for why the child avoids reading. The child is bright, interested in and understands printed material when it is read out loud by someone else. However, when reading, the child may begin reading just fine, yet after a few

words or a few minutes the child starts struggling. This is actually a sign of eye coordination and eye tracking disorders.

It is important to understand that children do not know how they are supposed to see so they rarely complain when they have difficulty seeing the words on the page. Some additional signs revolve around homework and reading; for example, does your child:

- Get frustrated when trying to read or do homework?
- Take longer doing homework than it should?
- Have a "tracking" problem?
- Have trouble making out words?
- "Forget" to bring homework assignments home?

- Skip words or repeat lines when reading out loud to you?
- Reverse letters like b's into d's when reading?
- Have a short attention span with schoolwork?

If your child has any of these signs, he or she may have a fully correctable vision problem. Please don't assume that because the results of the last vision screening were good that your child is not at risk. 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 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.

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- Dizziness especially when riding in a car?



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Baby Talk: How to Help Your Baby Move from Babbling to Words



By Char Mitchell, R.SLP, M.S., SLP
Speech-Language Pathologist
Prairie Sprout - Whole Child Development

As parents there are so many milestones we anticipate, first smile, first step, first time sleeping through the night. While we relish in each and every change, there are few milestones as precious as baby's first word. The sound of that sweet little voice finally speaking to us fills all parents with joy and has us rushing to our baby books to record the event. However, sometimes we wait and wait, and the words do not come. Babies typically say their first word around 12 months of age. When that special first birthday comes and goes without a word, it is common to wonder why. As a Speech-Language Pathologist, I often have concerned parents of late talking babies asking questions like "how can I get my little one talking?" or "when should I be concerned?". While there is no magic "talking wand" to wave, there are many tried and true strategies that Speech-Language Pathologists use to facilitate early language development. To help you at home, I've selected my top 5 most used strategies and recommendations to get your child chatting in no time.

1. Modeling

Sounds and single words is a great early language strategy that is easy to use during daily routines. Modeling language simply means using words to talk about what your child is playing with, or is interested in. Think of it as giving them the words they need to talk about what they want. For example, if you are playing with cars, try modeling words like "vroom", "beep beep", "truck", "drive", "go", "car", "fast".

2. Narrating

A simple fact about language acquisition is that kids learn language by hearing language. Therefore, the more words used around them, the better! Narrating your day is an easy way to expose your little one to new words. You can narrate your day by simply

talking about what you are doing. Parents who narrate their day expose their children to an average of 1000-2000 words per hour! So instead of using your inner voice when searching for your keys, try talking out loud and your baby will learn as you look.

3. Limiting Questions

Parents often try to get their children talking by asking "What's this?". Communication is about connection, not quizzing. Try to resist the urge to ask questions and instead try labeling and modeling. By labeling toys and modeling language while you play, your child will hear words over and over and will be more likely to repeat them when they are ready to.

4. Following their Lead


We all have things we like to talk about, and children are no different! Have you ever brought home the newest toys only to find your baby is more interested in playing with the box? This is the best time to try this strategy. Following their lead means watching what your baby is interested in and just "going with it", even if it seems silly. If your baby is fascinated with the box, then talk about what is in or on the box. Talk about the size, shape, and colour of the box.

5. Getting down to their level

Babies learn a lot about communicating by watching our faces. Our faces show expression, anticipation, eye gaze, emotion, and speech sound production. To make sure that your baby has the best chance of learning from your wonderful models, try to be at their level or face to face when interacting. Sitting, kneeling, or laying on the floor when playing helps your child feel more connected to you and communicates that you are really paying attention and are interested in what they have to say!

The Prairie Sprout - Whole Child Development's Speech-Language Pathology team has many toys and tricks tucked away in our therapy bags. If you have questions or concerns about how your toddler is talking, please reach out for a free consultation. info@prairiesprout.ca

Healthy Ideas for Lunches and Snacks!


 **Carbohydrate foods**

NON-PERISHABLE

- fresh and dried fruit
- unsweetened apple sauce
- fruit cups
- crackers
- whole-grain granola bar
- dry whole-grain cereal
- low-fat or homemade granola
- low-fat banana bread or muffin
- whole-wheat English muffin
- raw veggies (snap peas, cucumber coins, sliced bell peppers)

PERISHABLE

- frozen fruit
- yogurt
- milk
- toast
- whole-grain pita or wrap
- oatmeal
- leftover whole-wheat pancakes or waffles


 **Proteins & healthy fats**

NON-PERISHABLE

- snack-pack tuna
- pumpkin seeds
- mixed unsalted nuts
- peanut or other nut butter
- trail mix with nuts, dried fruit, and chocolate chips

PERISHABLE

- cottage cheese
- hummus
- Greek yogurt
- cheese
- hard-boiled egg
- edamame
- roasted chickpeas



Credit: Active for Life

By Steph Tilley
Active for Life Contributor

Forward By Dana Todd
Winnipeg Parent

Schools beginning and that means : 1) the start of packing lunches each and every school day. 2) finding great healthy and filling snacks before heading off to after-school activities.

I admit I start off strong in September and start to drop off my 'healthy lunch streak' about 3 weeks in! If you feel the same way, Steph Tilley, Active for Life Contributor and intern dietician from Calgary has you covered!

Kids know when they are hungry and need a boost of energy. Often that's after school and before their activities. Does that mean a choice between hours preparing "fun" snacks, or expensive and not-so-healthy fast-food options? No! Homemade kid-friendly lunch and after school snacks can be simple, cheap, fast, and nutritious. Here's how.

Your child's main fuel through the day and during sports is carbohydrate, so wise snack choices should contain carbohydrates. Adding a protein or healthy fat keeps kids going through intense activities longer than an hour and a half. Proteins and fats slow down the release of energy and are important for healthy growth and development.

What does that look like in terms of snack options? Pick some things from these lists to fuel your active child and save yourself hassle and money. Best of all, you always know what is in the snacks you bring from home. No hidden sugar, salt, or unhealthy fats. The non-perishable foods are safe to leave in the car all day. They are perfect for days when a pit stop at home isn't possible.

We hope that the list that Steph's has provided will help you through the new school year and take some of the stress off making those dreadful (wait, that might just be me 😊) lunches and snacks!

INFANT AND CHILD RESEARCH PARTICIPANTS NEEDED

We are looking for infants and children between the ages of 0-16 and parents to participate in a variety of studies on human development. Topics include digital literacy, communication, caregiver and child mental health, and infant language development.

Sign up at www.youngmindsresearch.com/healthy-humans or email healthyhumans@umanitoba.ca.



University
of Manitoba

Craft Corner



Letters & Pictures

By Kids@Play

Do your kids like to play spy games? Add a little 'mystery' and fun to your day with this easy craft! Great for all ages. Write surprise letters and draw cool pictures that can only be revealed with watercolours!

Materials

- Card stock or thick paper
- Paint brush
- Watercolour paints
- White crayon

Instructions

Step 1.
Use the white crayon to write letters, numbers, or a word on the white card stock. What you wrote is hard to see, isn't it?

Step 2.
Paint over the letters using the watercolour paints.

Step 3.
Watch as your letters reveal themselves!

Other fun ways to play

- Try different shades and colours of paper, crayon, and paint. What combinations work best to make your letters look invisible before painting and really visible after painting?
- Draw other designs or a whole picture and reveal it with paint. Surprise someone with what you drew!
- Try painting on wax paper or plastic wrap- does it work the same as on paper?
- Let some drops of water fall on two pieces of paper- one that is plain and one that has completely covered with crayon. What happens to the drops of water? Why might this be?

Experiment - observe - compare!

Craft Corner ideas brought to you by: Kids@Play - a community program by families forward - River Heights / Fort Rouge. FREE kids and caregiver activities Tuesday, Wednesday and Thursday mornings starting September 12th. Find out more: Visit <https://families-forward.com>

Snoopy and the Red Baron are Landing in Winnipeg This October!

By Royal Aviation Museum

For your bucket list this October: A visit to the Royal Aviation Museum of Western Canada to see Snoopy and the Red Baron. Celebrating one of Snoopy's most recognized and beloved personas. Learn all about this favorite long-running storyline in Peanuts through high-quality reproductions of original comic strips and discover the rich World War I aviation history Schulz used for inspiration in nearly every strip.

When asked about the origins of Snoopy's aviator role, Charles Schulz credited his son Monte's interest in making plastic airplane models as his chief inspiration. Schulz described drawing a little helmet on Snoopy after seeing Monte's World War I aircraft models, and "suddenly got the idea for it." He immediately recognized the potential of the Flying Ace, acknowledging, "I knew I had one of the best things I had thought of in a long time."
















Throughout the decades, Snoopy comically embraced his fighter pilot role for delighted Peanuts readers.

As Snoopy envisioned himself soaring through the clouds in pursuit of his nemesis, the infamous Red Baron, he sat atop his doghouse, which he imagined to be a real British biplane known as a Sopwith Camel (Schulz once said, "Can you think of a funnier name for an airplane?"). The Sopwith Camel became the most successful British fighter of the First World War and several Canadian aces flew a Camel. Several Camels were also shipped to Canada in the post-war period as part of an Imperial gift. In everything he cartooned, Schulz strove for authenticity, a point made especially clear by his Flying Ace storylines.

This most famous of all Snoopy's personas continues to bring humour and nostalgic joy to Peanuts fans all over the world. The Royal Aviation Museum of Western Canada is excited to have this opportunity to partner with the Charles M. Schulz Museum in bringing this exciting exhibit to the people of Winnipeg. This temporary exhibit is set to close in early January so be sure not to miss this one-of-a-kind opportunity!

For more, visit royalaviationmuseum.com.

SENSORY Scavenger Hunt

SMELL:			
TASTE:			
HEAR:			
FEEL:			
SEE:			



Celebrate one of Snoopy's most recognized personas and discover the rich World War I history that inspired Charles Schulz.



ROYAL AVIATION MUSEUM OF WESTERN CANADA



Curated by the Charles M. Schulz Museum and Research Center, Santa Rosa, California, U.S.A.

royalaviationmuseum.com

BACK-TO-SCHOOL Parent Puzzler

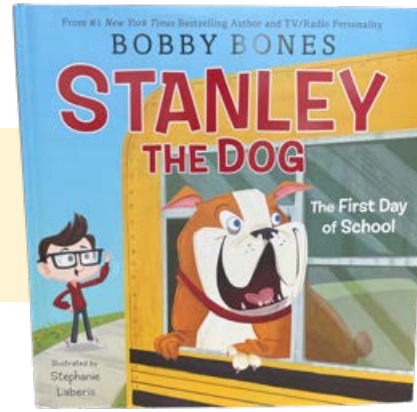
a c h o i r m w h m s c c s h y c e
 e r a s e r o h o s j l o e n e r x
 f j p t w g l i m x n a a p k x m g
 r o r k i n l t e p y s p t g k r a
 i f i l y d i e w a f s e e j n t h
 e f n a z y b b o t q r n m r h e f
 n i c p z r r o r r m o c b e b a z
 d c i p m u a a k o c o i e c o c r
 s e p l c l r r m l u m l r e o h p
 t n l e t v y d a s v y c t s k e q
 q p e s p e l l i n g e h o s s r v
 i s c i s s o r s j f g g s a d v b

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

whiteboard
 september
 classroom
 principle
 homework
 scissors
 spelling

teacher
 library
 patrols
 friends
 pencil
 office
 recess

eraser
 books
 apple
 choir



Stanley the Dog: The First Day of School

Editor's Pick

By Dana Todd
 Winnipeg Parent

There are a lot of books to choose from to help your little one prepare for the exciting, and sometime scary, first day of school. If you are still looking for that perfect book, put Stanley the Dog on your list!

This very colourful and funny picture book about a bulldog puppy and his adventures on the first day of school is so relatable to caregivers and children alike.

Stanley is scared and just wanted to stay in bed for that first day of school. He has knots in his tummy and is worried whether he will fit in with other puppies in his class. He doesn't know the rules and hasn't made friends yet, but when a mishap takes place, Stanley realizes that being himself is all that he needs to be.

This book is perfectly illustrated by Stephanie Laberis and inspired by a real-life bulldog puppy of bestselling author and TV personality Bobby Bones.



This book is fun. My mom read it to me and I love dogs, I have 2, Simon and Cooper. I would love to have Stanley in our family.

By Kade (age 5)



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WINNIPEG PARENT Book Selection of the Month



Sloth's First Day of School

Authors: Kelly Oriard with Callie Christensen
Article by: Dana Todd

Winnipeg Parent would like to introduce you to the world of Slumberkin creatures!

Slumberkins creatures, books and resources (including lunch notes, affirmation cards, stuffie kits, and visual schedules) are the brain child of a special education teacher and family therapist. Each Slumberkin creature is created to be an early emotional learning tools for home and schools. Their mission is to empower children to be caring, confident, and resilient by creating positive connections and encouraging kids to learn important values about themselves and the world around them.

Each Slumberkin creature features something special. Sloth helps encourage routine, transition and anxiety management. Given this is September and the first day of school is here,

we thought it was the perfect opportunity to highlight Sloth's Board Book Sloth's First Day of School. He got through it and now he can help your little one get excited for theirs!

Whether it's a new classroom, a different teacher, or your child is starting school for the first time, the back-to-school season can bring on big feelings. The Sloth Goes to School Board Book helps little ones build up their confidence by helping them prepare for their first day and encouraging them to embrace all of their emotions.

Pick up this well-loved book, or any of the Slumberkin creations, to help your little one with emotions, establishing routines and creating positive relationships!

Visit Slumberkins.com to find out more.

About the Authors

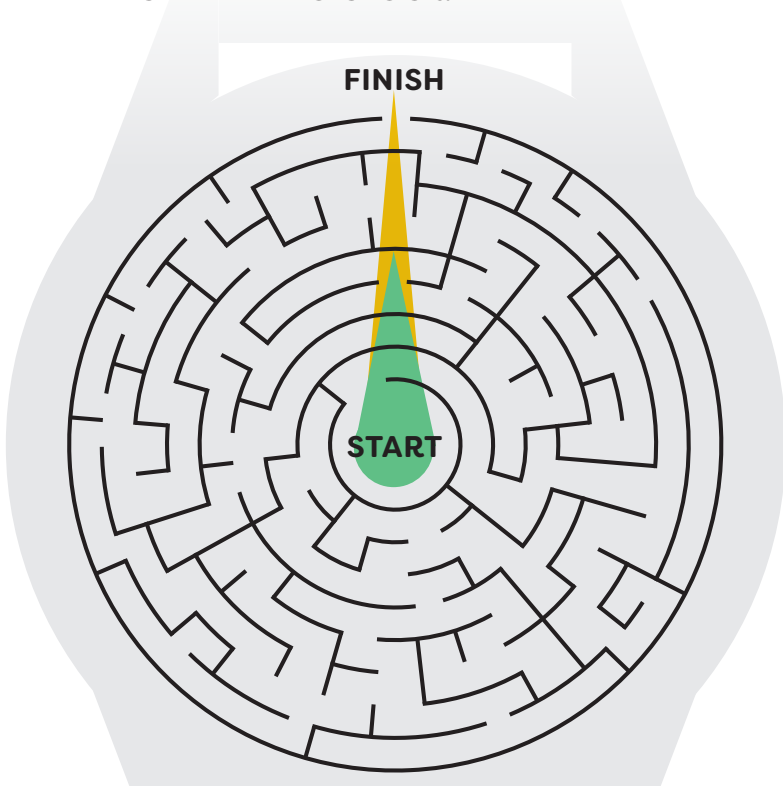
Kelly Oriard and Callie Christensen are best friends, co-founders and co-CEO's of Slumberkins, a children's education and emotional health brand. Kelly has a dual master's degree in Marriage & Family Therapy and School Counseling, Callie has a masters degree in teaching elementary education and special education. They are both mothers and entrepreneurs who's goal is to support family and communities in emotional health through their Slumberkins brand.

WILLOW STREET CLUB by JUSTIN ROBIN



Time Maze

HELP THE WATCH FIND 12 O'CLOCK!



Fall Early Literacy Programs at Winnipeg Public Library

October 1 - December 2

Registration opens Monday, September 9.

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



ACCEPTING NEW CLIENTS for Assessments.

Assessing academics, ADHD, Neurodivergent children & adults.

**NEW: Onsite specialized tutoring
for Reading, Math, & Writing**

NEW GROUP Accelerate – Sport Performance Group

A group for athletes, parents, and coaches to help optimize peak performance through the integration of mental health building skills, stress management techniques to succeed in your sport and in life. **Starts Tuesday evenings in October (Ages 10-18)**

NEW GROUP Tweens, Teens, and Screens

A new group for parents, teens and, tweens to better understand healthy boundaries and limits with screen time use, internet safety, socializing online, and navigating healthy relationships with technology. **Starts Tuesday in October (Ages 10-18)**

Reading Boot Camp

Starts Saturdays in October (Ages 7-14)

Anger Management

Starts Sundays in November (Ages 9-14)

Overcoming Anxiety

Starts Mondays in November (Ages 7-9)

Overcoming Negativity

Starts Thursdays in October (Ages 10-13)

Adapting to ADHD/Organizational Skills

Starts Wednesdays in November (Ages 8-12)

Friday Nights for Adults on the Spectrum

Starts Fridays in November (Ages 18-40)