

# WINNIPEG PARENT

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# the publisher's Pen

## It's Summertime!!

Summer has officially arrived, and with it comes all the things kids do best—running through sprinklers, catching bugs, building blanket forts, riding bikes until the streetlights come on, and squeezing every last drop out of a sunny day.

As parents, summer often feels like a balancing act between camps, vacations, work schedules, and trying to create a little magic along the way. But if there's one thing I've learned, it's that the moments kids remember most are often the simplest ones: an impromptu ice cream stop, a picnic at the park, a family bike ride, or a backyard adventure that somehow turns into the highlight of the season.

Inside this issue, you'll find plenty of inspiration for making the most of summer. From family activities and rainy-day boredom busters to helpful parenting resources and health information, we've packed these pages with ideas to keep kids engaged, active, and having fun. We're also exploring the importance of movement, play, and physical literacy—because sometimes the best summer days are the ones spent simply being outside and being kids.

Whether your plans include road trips, camping weekends, local adventures, or just enjoying a slower pace at home, we hope this issue becomes a helpful companion for the weeks ahead.

Here's to long days, silly memories, and a summer filled with laughter.

Happy Summer! *Dana*



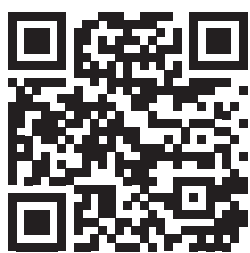
Photo: Justin Robin

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On the Cover: Kids climbing a tree

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# From Guide to Leader:

## A Journey of Growth, Service, and Confidence

**Ellie Oneschuk**  
A current Guider and former Youth Member

When I joined Girl Guides of Canada at eight years old, I had no way of knowing that it would become one of the most defining parts of my life. Tuesday evenings quickly became the highlight of my week. I loved earning badges and joining in the traditions that made each meeting feel meaningful. In my first year, I was so eager to participate that I earned every badge. I still remember singing the Banana Song, standing proudly with my group, and feeling a sense of belonging in a space created for girls to learn, grow, and be themselves. As I grew older, Guiding grew with me.

In Guides, I was introduced to camping, outdoor cooking, community service, teamwork, and leadership. Selling cookies door to door helped me build confidence, while earning badges and awards taught me perseverance and commitment. Becoming a Patrol Leader at eleven gave me my first meaningful opportunity to mentor younger girls and understand the responsibility that comes with leadership.

Later, in Pathfinders and Rangers, many of my favourite memories were formed around campfires, geocaching, late-night conversations, and adventures throughout my city with friends who made every experience more meaningful. Completing the program as a Ranger made me realize how deeply Guiding had shaped who I was becoming. What I appreciate most now is that Girl Guides was never simply an extracurricular activity. It challenged me to try new things, contribute to my community, and see myself as someone capable of leadership. I learned how to speak with confidence, collaborate with others, adapt when plans changed, and take initiative when something needed to be done.

At 21, I can see how strongly those lessons have carried into every adventure I have pursued.

I have graduated from university in Honours Biochemistry and Biomedical Sciences. Among 20 leadership roles across campus and my community, I gained experience as an emergency first responder and also led more than 100 volunteers in organizing an overnight event supporting the fight against cancer. Through each experience, I have continued to feel supported by the sisterhood, confidence, and purpose that Guiding gave me.

After advancing out of the program as a youth member, I joined a unit as soon as I could as an adult volunteer. For the past four years, I have been an Ember leader with the same unit where my Guiding journey began. I also serve as an Elected Member of my Provincial Council and as a Brand Ambassador, helping strengthen opportunities for youth and families to experience Guiding. This fall, I will help open a Guide unit alongside new volunteers, because I believe every girl deserves the opportunity to experience Girl Guides. I am grateful to have grown up in a program that shaped who I am today, and even more grateful to give back to the next generation beginning their Guiding journey.

*“Through each experience, I have continued to feel supported by the sisterhood, confidence, and purpose...”*

## Heading outdoors? *Safety is the answer.*

### Manitoba Hydro

As the weather gets warmer and summer approaches, many of us start spending more time outdoors with our families, both in the backyard and at campsites and lakes across the province.

Whether you're building a deck or planting a tree, it's important to know what's underground before you start digging, so you can work safely. Underground electrical and natural gas lines could be running underneath your yard, and contact with them can cause extensive property damage, severe injuries and even death.

Click Before You Dig MB is a service that allows you to request a line locate before starting your project. Manitoba Hydro will come by to mark where the underground natural gas and electrical lines are hiding. Yellow flags indicate natural gas lines, and red flags indicate electrical lines.

If you intend on digging any deeper than 6 inches (15 centimeters), you must request a line locate three full working days before starting the project. You will be contacted with a date for the line locate. Once Manitoba Hydro has come by and located the lines, you may get to work and start digging.

Visit [clickbeforeyoudigmb.com](http://clickbeforeyoudigmb.com) or call 1-800-940-3447 to request a line locate.

If you intend on planting any trees in your yard, look up! If the tree has the potential to grow into overhead power lines, look for another spot away from power lines. Keeping trees away from power lines decreases the risk of branches taking down lines, which can cause power outages, severe injuries and even death.

There are several options when choosing the right tree or bush for your yard. For more information, visit [hydro.mb.ca](http://hydro.mb.ca) and search for “right tree right place.”

If a tree on your property is already leaning over or touching a power line, contact a certified utility arborist to trim or remove branches and clear the danger. If you see sparking or smoking power lines, call 911 immediately.

When out on the water with your family, be aware of your surroundings, especially near Manitoba Hydro dams and generating stations. They can create unstable water conditions and pose a high risk of drowning whether you're boating, fishing or swimming. If you see warning signs, don't ignore them.

If a soccer ball or toy goes over the fence of a substation, don't attempt to retrieve it. Talk to your children about the dangers and recognizing the warning signs. It could save their lives.

Whether you're on a family outing or working in the backyard, it's important to be aware of the electrical and natural gas safety risks.

# Backyard project?

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# Water Safety – *No* Water Wings

**Alexandra Carriere**  
Lifesaving Society Manitoba's Water Safety Manager, a longtime lifeguard, swim instructor, and first time mom

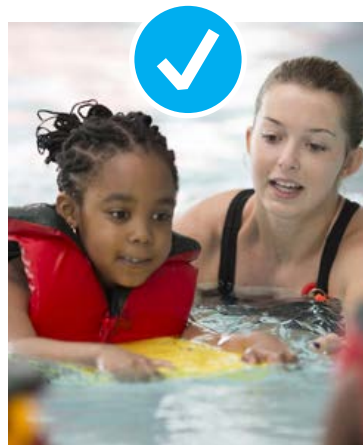
When you go to the beach or pool this summer, it is important to think about water safety for young children. My advice is simple: do not use arm floaties (also called water wings). They are toys, not safety devices, and they should not be trusted to keep a child safe in the water. They can slip off, lose air, or break. They can also make children and adults feel safer than they really are. To make water time safer, focus on what works best: close supervision, a lifejacket or personal flotation device (PFD) that fits well when needed, and swim lessons to build real skills.



best option. These aids usually keep children in an upright position in the water and can make it harder for them to move their arms naturally. Real swim skills come from learning how to float, kick, reach, roll, and move through the water in a natural way. Puddle jumpers can also make children and adults feel more confident than they should, and this is a problem. People start to think the device replaces supervision or real swim ability.

When I think about keeping children safe around water, I think about safety in layers.

The first and most important layer is active supervision. Always keep young children close enough to reach you with their arm. Do not get distracted by your



phone, social media, or anything else. Do not walk away, even for a moment.

The second layer is a lifejacket or PFD that fits properly and is approved by Transport Canada. This is especially important near lakes, docks, boats, and other open water.

The third layer is swim lessons. Swim lessons help children feel more comfortable in the water, build confidence, and learn real skills over time.

No single layer is enough by itself. But together, close supervision, the right equipment, and swim lessons can help make summer around water safer and more enjoyable for everyone.

*"When I think about keeping children safe around water, I think about safety in layers."*

Many parents also ask about puddle jumpers. These are flotation aids with arm pieces joined to a band around the chest. I understand why parents may think they are a better choice than arm floaties. They may seem stronger and safer. But if the goal is to help a child learn to swim, they are still not the

# The Power of *Kids Helping Kids*

**Kathryn McBurney**  
Executive Director,  
Children's Rehabilitation Foundation

It is always amazing to see kids making an impact in the lives of other kids. I am inspired to hear about young philanthropists and families coming up with initiatives throughout the year to raise funds for Children's Rehabilitation Foundation. There are so many fun ways to create Events with Impact, like the Simister family who run a lemonade stand every summer and raise around \$1000 each time, or the Allen family who sell pumpkins from their farm in Carmen annually and have raised over \$45,000 since they started!

These fundraisers support children with disabilities who require ongoing services, adaptive equipment, and inclusive programs - like summer camps that pair up each child with a 1:1 recreation support worker to give children swim, music and activity experiences while tailored to each child's disability or medical need.

You can support this summer through a variety of options like bake sales, yard sales, sports events or fun runs, a community BBQ, or some other great idea you have! To help get you started, here are four easy steps:

**1. Brainstorm and set goals -** determine a date, time, location and the fundraising goal so supporters know how much to support you!

**2. Tell us about your fundraiser** and the details above - simply email [monique@crf.mb.ca](mailto:monique@crf.mb.ca) and she will support your goals with further planning and help with permits or licenses, or give you some promotion ideas depending on your vision.

**3. Promote, promote, promote!** Have fun making posters for community centres or set up event notices on your social media to spread interest in your fundraiser to your community!

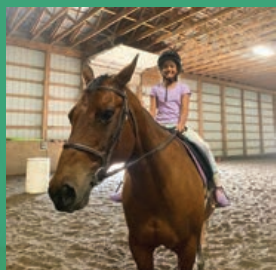
**4. Fundraise away!** And please share your photos on social media - tagging us @childrensrehab so we can interact with your great event!

Every community fundraiser fosters inclusion and community! Learn more about how you can support kids through Children's Rehabilitation Foundation at [crf.mb.ca/fundraise](http://crf.mb.ca/fundraise)

With gratitude,

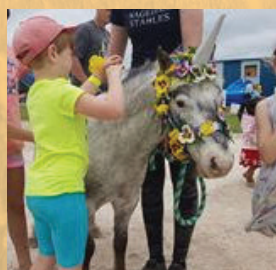
*Kathryn McBurney*

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# 2026 CAMP SOLEIL

## DATES AND LOCATIONS

July 6 - 10 - **Winnipeg**  
Glenwood Community Center

July 13 - 17 : **Beausejour**  
Sunrise School Division and  
Beausejour Community Church

July 20 - 24 : **Dauphin**  
École Macneill

July 27 - July 31 : **Winnipeg**  
CCFM - Jean-Paul Aubry

August 10 - 14 : **Swan River**  
École Swan River School

August 17 - 21 : **Morden**  
École Discovery Trails

August 24 - 28 : **Winnipeg**  
Harrow United Church



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to register  
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**Ages 6 - 12**  
**Monday to Friday**  
Crafts, sports, games  
outdoor adventures,  
**EN FRANÇAIS!**

## Keeping French Alive at Home This Summer

### Canadian Parents for French – Manitoba

When the school year ends, so does the daily dose of French that immersion and core French students count on. By September, that long pause can sometimes show. The good news? Keeping French alive over the summer doesn't mean recreating a classroom at the kitchen table. It means weaving small, joyful moments of French into the days you're already living and knowing where to turn for the community resources that make it easy.

#### Make French part of the everyday

The single most effective thing a family can do is also the simplest: use French a little, often. Research on language learning keeps pointing to the same idea what matters most isn't memorizing rules, it's actually using the language and interacting with it regularly. Summer is full of low-pressure chances to do exactly that.

Put on a French playlist during breakfast or in the car. Borrow French picture books and audiobooks from the library for bedtime. Cook a recipe together and name the ingredients en français. Switch a favourite show, game, or app over to French for the week. Stick a few labels around the house, or play a round of "Je vois, je vois" ("I spy") on a road trip. None of it has to be perfect and that's the point. Let your kids see that making mistakes is simply part of the adventure, and the language stays familiar, comfortable, and fun.

#### Your shortcut to everything French in Manitoba: 233-ALLÔ

Not sure where to find a French story time, a summer activity, or a service in French? You don't have to search alone. 233-ALLÔ is the free community information service of the Société de la francophonie manitobaine (SFM) — running since 1989 — and it's your entry point to French life across the province.

Call or text 204-233-2556 (or toll-free 1-800-665-4443), or send an email, and a real person will help you discover French-language activities, resources, and services near you. You can also browse the community calendar and the directory of French services anytime online at [annuaire.sfm.mb.ca](http://annuaire.sfm.mb.ca). It's the easiest way to find more French in your neighbourhood all summer long.

#### A built-in weekly family outing: Jeudis Franco Thursdays

All summer long, St. Boniface comes alive every Thursday with Jeudis Franco - arts, music, tours, and more, much of it free and perfect for families. Try a free game of *pétanque* together at Provencher Park, wander the St. Boniface Summer Market, catch a movie at *Cinéma sous les étoiles*, drop by Café Conversation to practise French in a relaxed setting, or take a guided tour of the neighbourhood's rich Francophone history.

It's a no-pressure way to turn "speaking French" into a fun weekly tradition the whole family looks forward to. Find the full lineup at [jeudisfranco.com](http://jeudisfranco.com) or follow @jeudisfranco on Facebook and Instagram.

#### Go all-in with Camp Soleil!

Looking for a fun, immersive way for your child to stay connected to French this summer? Camp Soleil, offered by Canadian Parents for French Manitoba, is a French day camp where children build confidence through games, creative activities, and interactive play. Open to children ages 6 to 12 and suitable for all French levels, it's a welcoming environment where kids learn naturally while making friends and lasting memories.

#### Dates & Locations:

July 6-10 — Winnipeg (Glenwood Community Centre)

July 13-17 — Beausejour

July 20-24 — Dauphin

July 27-31 — Winnipeg (CCFM - Jean-Paul Aubry)

August 10-14 — Swan River

August 17-21 — Morden

August 24-28 — Winnipeg (Harrow United Church)

Spots are limited — register today at <https://form.jotform.com/260274649307259>

#### Embrace the season in both languages

This summer, turn everyday moments into opportunities to grow in French. Say "bonjour" a little more often, jot down new words in a notebook, sign up for a Thursday outing, and don't be afraid to make mistakes, learning is part of the fun. With so much to discover at home and across the community, Manitoba is the perfect place to keep French alive all summer.

For nearly 50 years, Canadian Parents for French has been a national network powered by people who believe in the value of French second-language learning. Whether you're a parent, educator, student, or simply someone who loves languages, becoming a member means belonging to a community that values French, making learning fun, and fostering a lifelong love of languages. Membership is FREE and easy! Join today at [cpf.ca](http://cpf.ca) and help shape the next 50 years of French in Canada.

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\*Ages 0-17  
June 19-Sept 7

## Family Fun Unlocked at Manitoba Museum



### Manitoba Museum

With the school year coming to an end, it's time to start looking for fun, educational, and engaging ways to keep the kids busy and spend time together as a family during the summer. The Manitoba Museum offers a wide range of experiences all in one place, from immersive galleries and Planetarium shows to hands-on-activities that keep learning fun. Even better, summer programs like the Canada Strong Pass and the Museum's membership sale help make visits accessible for all families

### Explore Summer Programming

From July until August, the Manitoba Museum will come alive with daily summer programming designed to spark curiosity in visitors of all ages. Open daily from 10:00 am to 4:00 pm, you and your family can explore hands-on activities throughout the Museum Galleries, Science Gallery, and Planetarium!

Kids can dig for dinosaur fossils, uncover ancient artifacts, and explore the arctic by playing traditional Inuit games through rotating daily programs like Fantastic Fossils, Amazing Archaeology, and Awesome Arctic Adventures. These drop-in activities run all week, so there's always something new for your family to discover!

The whole family can be detectives as you search for miniature bison hidden all throughout the Museum Galleries for our Bison on the Move scavenger hunt! After that, set sail to the Science Gallery so all the budding engineers can design and build their own wind-powered boats to test their science and creativity. Will your boat sink, run aground, or sail to victory?

Lastly, calling all astronauts big and small to explore the wonders of the universe at the Planetarium! From discovering the beauty of the northern lights in Aurorae to an adventure under the sea and through the galaxy in Voyage of the Stars, our immersive feature Planetarium shows are the perfect way for your family to sit back and take in the night sky together.

### Save with Canada Strong and the Summer Membership Sale

This summer, it's even easier for families to explore the Manitoba Museum thanks to the return of the Canada Strong Pass. From June 19 to September 7, 2026, children and youth ages 17 and under receive FREE admission, while young adults ages 18 to 24 get 50% off. To make things easier, no physical pass is required, and savings are automatic when you buy tickets either online or at the box office.

For families planning to visit more than once, the Summer Membership Sale offers ways to help keep the adventure going all summer long. For the duration of the Canada Strong Pass, you can save 15% on memberships and get an extra month for free. A Museum Membership means unlimited free admission to the Museum Galleries, Planetarium, and Science Gallery for an entire year, even once the Canada Strong Pass is over.

Whether you're planning a full day out or just looking to fill an afternoon, the Manitoba Museum has lots of ways to explore and is a great way to add something different to your family's summer plans. Visit [ManitobaMuseum.ca](http://ManitobaMuseum.ca) to plan your visit.

Photo: © Manitoba Museum / Rejean Brandt

## Why Dance Matters More Than Ever for Kids

### Royal Winnipeg Ballet

There's a moment you see again and again in a child's first dance class. A little hesitation at the door. Then the music starts, a teacher smiles, and something shifts. Shoulders drop, and feet start moving. By the end of the class, that same child is spinning, laughing, and completely at ease.

In a time when so much of childhood happens sitting down, dance offers something simple and powerful. It reminds kids how good it feels to move.

At its core, dance is not about perfect technique or polished performances. It is about movement as a language. For young children especially, that language can unlock confidence, focus, and connection in ways that feel natural rather than taught.

The physical benefits are easy to see. Dance builds strength, coordination, balance, and flexibility. What often matters even more; however, is the awareness children begin to develop. They learn where their body is in space, how to control it, and how to trust it. That awareness stays with them, whether they continue dancing or move on to other sports and activities.

For preschoolers, movement and learning are deeply connected. When children follow rhythms, remember sequences, and respond to music, they are building the foundations for memory, language, and problem-solving. It looks like play, and it is, but it is also meaningful development happening in real time.

Confidence also grows in quieter ways. A child who once stayed close to the wall begins to step forward. A student who struggled to remember a combination suddenly understands it. These small moments matter because they show children what they are capable of when they stay engaged and keep trying.

*"These small moments matter because they show children what they are capable of when they stay engaged and keep trying."*

Dance also teaches something that is harder to measure but just as important. Children learn how to be part of a group. They learn how to move together, take turns, and support one another. In a class setting, every child plays a role, and over time they begin to understand that their presence matters, not just individually, but as part of something larger.

Underneath all of it, there is joy. It is real and uncomplicated. It comes from music filling a room, from moving freely, and from being fully present in the moment. For many children, that feeling is what keeps them coming back.

At the Royal Winnipeg Ballet School, that first moment of stepping into the studio is just the beginning. Whether a child is exploring dance recreationally or pursuing more focused training, the environment supports growth at every stage, with opportunities to learn from experienced teachers, connecting with peers, and exclusive performance opportunities with the RWB Company. Behind each class is an instructor who has undergone intensive, specialized training—ensuring they are not only technically skilled, but also prepared to foster a safe, supportive, and inspiring learning experience for every student.

**RWB School Recreational Division classes begin September 13, 2026, with registration now open.**

To learn more, visit [rwb.org/school](http://rwb.org/school).

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## When the Roles Begin to Reverse: Parenting Your Parents

Lisa Derenchuk  
Re/Max Performance

As parents, we spend years helping our children navigate life's milestones. We teach them to ride a bike, help with homework, cheer from the sidelines, and offer advice when they need it most. Then one day, often without warning, we find ourselves stepping into a new role: helping our own parents navigate the challenges that come with aging.

As a real estate professional, I've had the privilege of working with families through many of life's transitions. One of the most emotional and complex is when adult children begin helping their aging parents make decisions about housing, independence, and future care.

The truth is, parenting doesn't end when your children grow up. It evolves. And eventually, for many families, the circle comes around.

For some, it starts with small signs. A parent who has always managed everything effortlessly begins forgetting appointments. Maintaining a home becomes more difficult. Stairs feel steeper, yard work becomes overwhelming, or a large family home suddenly feels like too much space.

These changes can be difficult for everyone involved. Aging parents often value their independence and may be reluctant to discuss moving or accepting help. Adult children, meanwhile, may find themselves balancing careers, raising their own children, and caring for aging parents all at the same time.

It's a stage of life often referred to as the "sandwich generation"—caught between supporting children and supporting parents. While rewarding, it can also be emotionally and physically demanding.

One of the most important things families can do is start conversations early. Talking about future housing options before a crisis occurs allows everyone to have a voice in the decision-making process. Whether that means downsizing to a more manageable home, moving closer to family, exploring retirement communities, or modifying an existing home to support aging in place, having a plan can reduce stress and uncertainty later.

As a real estate agent, I often remind families that these decisions are about much more than square footage and property values. They're about preserving dignity, maintaining connections, and creating a safe environment where loved ones can continue to thrive.

There is no one-size-fits-all solution. Every family is different, and every parent's needs are unique. What matters most is approaching these conversations with patience, empathy, and understanding.

Parenting takes many forms throughout our lives. Sometimes it means holding a small hand as a child learns to walk. Other times, it means offering a steady hand to the people who once guided us.

Life has a way of bringing us full circle, and while the roles may change, the love, care, and support that define family remain the same.

*Lisa Derenchuk is an experienced realtor with over 20 years of experience in the Winnipeg Real Estate Market and Mom to two great kids! Thinking of buying a new home, you can reach Lisa at: c. 204-952-7355 e. Lisaderenchuk@remax.net*

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# For **40 YEARS** the Children's Museum Has Helped Kids Learn by Doing

## Children's Museum

As parents, we're all looking for ways to create meaningful experiences for our children. In a world filled with tablets, smartphones, streaming services, and video games, it can feel increasingly difficult to pull children away from screens and into experiences that spark curiosity, creativity, and real-world learning. That's one of the reasons the Children's Museum has remained such an important part of family life for the past 40 years.

Since opening its doors in 1986, the museum has offered something children can't find on a device: the opportunity to learn through hands-on exploration. Every exhibit is designed to encourage children to touch, build, imagine, experiment, and discover for themselves. It's a place where learning doesn't feel like a lesson — it feels like play.

For generations of Manitoba families, the Children's Museum has been where kids have built forts, explored trains, climbed, created, played, and asked endless questions about how the world works. While technology has transformed childhood over the past four decades, the museum's mission has remained consistent: helping children learn through play.

**That mission feels more relevant today than ever.**

Research continues to show that children benefit from active, hands-on experiences that engage their minds and bodies. When children manipulate objects, solve problems, test ideas, and interact with their environment, they're developing critical thinking skills, creativity, confidence, and resilience. These experiences help children make connections that simply can't be replicated through passive screen time.

To celebrate its 40th anniversary, the museum is featuring an exhibit from the Ontario Science Centre — Motion Mania — a thrilling 2,000 sq. ft. interactive experience. Offering two key experiences, Build Your Own Coaster and Energy Tracks, Motion Mania delivers high-energy fun and meaningful learning.

On now through Labour Day, Motion Mania invites children to discover the science behind motion, energy, force, and movement through a series of engaging, interactive activities. Children can design, test, experiment, and explore while learning how things move and why. The exhibit transforms STEM concepts into hands-on experiences that feel more like play than science class.

What makes Motion Mania special isn't just what children learn — it's how they learn it. They're encouraged to be curious. To make predictions. To test ideas. To try again when something doesn't work. It's the same style of

discovery-based learning that has made the Children's Museum a beloved destination for families for four decades.

**"...the museum's mission has remained consistent: helping children learn through play."**

For parents, that's what makes a visit so valuable. Children leave entertained, but they also leave inspired. They gain confidence from figuring things out on their own and excitement from discovering something new.

Families can enjoy Motion Mania in a variety of ways this summer. The exhibit is included as part of the museum's popular Summer Day Camps and featured in any birthday parties held throughout the run and include a 'build your own bouncy ball' activity.

As the Children's Museum celebrates 40 years of inspiring young minds, Motion Mania is a perfect reminder of why places dedicated to play-based learning matter. In a world where childhood is increasingly lived through screens, the museum continues to offer something timeless: the chance for children to learn by doing.

Motion Mania is on now and runs through Labour Day. Families are encouraged to visit before this exciting temporary exhibit comes to a close. Visit [ChildrensMuseum.com](http://ChildrensMuseum.com) for more information and tickets.

# Shoot Like a Girl: *Building Confidence, Skills, and Opportunity This Summer*

## Canlan Sports Winnipeg

Summer isn't just for beaches, bike rides, and ice cream. It's also one of the best times for young athletes to lace up their skates and take their game to the next level.

Summer isn't just for beaches, bike rides, and ice cream. It's also one of the best times for young athletes to lace up their skates and take their game to the next level.

**"More female role models are emerging at every level of the game, inspiring the next generation to dream bigger..."**

More girls than ever are discovering the excitement, friendships, and confidence that come from stepping onto the ice. Over the past fifteen years, women's hockey has experienced tremendous growth. At Canlan Sports, we are creating more opportunities for young female athletes to develop their skills and fall in love with the sport.

The growth of girls' hockey has shown what's possible when young athletes are given opportunities to participate

and succeed. More female role models are emerging at every level of the game, inspiring the next generation to dream bigger and skate faster.

We believe every athlete deserves the chance to learn, compete, and thrive in an environment that supports their goals. Whether a player is learning the fundamentals or preparing for the next level; summer development camps provide opportunities to grow both on and off the ice.

One of the biggest advantages of summer training is the ability to focus on skill development without the pressure of games and standings. Players can spend extra time improving their skating, puck control, and shooting while building self-efficacy with positive role models like our expert coaches.

This summer, Canlan Sports invites players to show up, connect with their community, grow their game, and find where they belong. We invite you to Own Your Play on and off the ice. The future of girls' hockey is bright, and it starts with play. Grab your skates and join us at the rink this summer. Whether your goal is to become a stronger skater, a more confident player, or to make new friends, there's a place for you at Canlan Sports. Because every girl deserves the chance to shine on the ice.



# SUMMER DAY CAMPS

## Keep Your Kids Moving, Creating & Discovering!

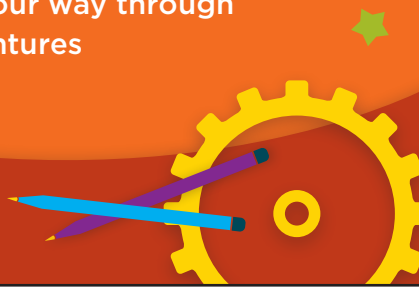
Every camper will enjoy access to **Motion Mania**, the Children's Museum's exciting feature exhibit celebrating movement, momentum and hands-on fun.

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**Growing Up with Horses:  
Why Time at the Stable Matters**

**Dr. Gwen Donohoe**  
Sagehill Stables

In a world filled with screens, schedules, and constant distractions, there is something special about a child spending time with a horse. Whether they're learning to ride, helping with chores, or simply brushing a gentle pony, time at a stable offers experience that are difficult to find anywhere else.

For many children, horses are much more than animals—they become teachers. Horses help kids develop patience, responsibility, and confidence. Unlike a video game or activity that offers instant rewards, working with a horse requires consistency, communication, and trust. Children quickly learn that caring for an animal means showing up, paying attention, and putting someone else's needs before their own.

Being around animals at a young age also helps foster empathy and emotional awareness. Horses are incredibly intuitive and often respond to a person's mood, body language, and energy. Kids learn to be calm, observant, and respectful, building valuable social and emotional skills that carry over into everyday life.

A stable environment offers much more than riding lessons. Children gain hands-on experience learning about horse care, feeding, grooming, tack, and barn safety. They discover where animals live, what they need to stay healthy, and the important role people play in their care. These practical lessons encourage independence and responsibility while helping children develop a deeper appreciation for animals and nature.

Time at the barn also provides a welcome opportunity to unplug. Instead of scrolling through a screen, children spend time outdoors, breathing fresh air, getting active, and connecting with the natural world. Whether they're leading a horse through a paddock or helping clean stalls, they are moving their bodies and engaging all their senses.

Perhaps most importantly, the stable can become a place where children feel a sense of belonging. The horse community often brings together people of all ages who share a love of animals and learning. Friendships are formed, confidence grows, and children discover new strengths they may never have known they had.

For parents looking for activities that combine physical activity, life skills, and meaningful connections, time spent

around horses offers an experience that goes far beyond the saddle. It's an opportunity for children to learn, grow, and build memories that can last a lifetime.

**Join us at Sagehill Stables for:**

**Tots & Zip**

Saturdays and Sundays in April, May & June! For kids ages 1.5 to 5, drop-in for a visit with Zip & Elsa. Pony rides and grooming!

**Summer Camps**

Runs weekly in July and August. For kids ages 6 to 13, come spend a week at the Ranch! Includes riding lessons, crafts and more!

**Introductory Riding Program**

Summer 8 lesson packages starts the week of July 6th. Fall 10 lesson package starts the week of September 14th. 2-hour lessons for ages 8 to 70+ learn the basics of horse care and riding.

**Parent & Me Program**

Ages 5 to 8. Children attend with an adult who helps them through their first lessons. Parents help with grooming, tacking, and lead the kids on their horses while a coach instructs. Great learning opportunity for parents and kids! Available Saturdays and Sundays.

*Sagehill Stables is located at Miracle Ranch, Springfield Manitoba. They provide a safe and enjoyable environment for all horse enthusiasts and believe passionately that horses are for life!*

**TD Summer Reading is Back!**

**Winnipeg Public Library**

The 2026 TD Summer Reading Club takes place from **June 8 - September 5**. Visit any Winnipeg Public Library to receive a free bilingual reading kit for children. The kit includes an activity notebook, stickers, and a reading tracker! There are also wonderful library programs for children and families. Registration for July programs is open. Registration for August programs begins July 6.

The TD Summer Reading Club is Canada's biggest, bilingual summer reading program for kids of all ages, interests and abilities. The Club celebrates Canadian authors, illustrators and stories, and inspires kids to explore the fun of reading their way. Visit any branch to sign up for a library card if you do not already have one.

We also have something for teens this summer. Teens in Grades 7-12 can visit any branch to pick up their bilingual Teen Summer Challenge Card. For each challenge completed, they will receive a ballot to enter a prize draw.

**For more details and program info, please visit [winnipeg.ca/library](http://winnipeg.ca/library)**

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# Summer Is the Perfect Time to Build Life Skills

Jay M. Greenfeld  
PhD, C. Psych

Although we all want our children to be using 12 months of the year to build social and psychological skills that go beyond the academic curriculum. The reality is with such intense focus on extra-curricular activities and academic coursework throughout the school year, the skills that are not taught in school, rarely reach the student in ways we want them to. Thus, with school finishing for students, it is time to place more emphasis on the crucial skills for success that go beyond the classroom, so that when they return in the fall, they are better equipped to respond.

## Encourage Healthy Risk-Taking

Use this summer to help your children take risks, pushing themselves beyond what they think they are capable of and learning how to fail. Yes, it will be scary, yes, they will be uncomfortable, and yes, they will learn and grow from the experience.

Moreover, ensure that these are repeated experiences. Constant practice decreases discomfort and builds confidence. The more often a child practices a new skill, the more comfortable and engaged they become when facing new challenges.

## Strengthen Face-to-Face Communication

Interpersonal skills are increasingly important. Children and adolescents are spending more time on screens and less time engaging in face-to-face conversations.

Encourage your children to introduce themselves, make eye contact, respond thoughtfully, and ask questions when speaking with others. These simple social habits help children build confidence, connection, and stronger communication skills.

## Learn from Older Generations

Make time for your children to connect with grandparents, older relatives, and family friends. There is tremendous value in learning from people whose life experiences are different from their own.

By taking an interest in the stories and perspectives of others, children develop empathy, broaden their understanding of the world, and gain insights that can help shape their own goals and aspirations.

## Build Confidence Through Daily Goals

Teaching children to set daily goals helps them take ownership of their

choices and responsibilities. Even small goals can create a sense of accomplishment and establish positive habits that will benefit them when school resumes.

Over time, regular goal setting helps build both motivation and self-esteem, giving children greater confidence in their ability to succeed.

*“Even small goals can create a sense of accomplishment and establish positive habits...”*

## Success Beyond the Classroom

As your child develops into a future leader, academic achievement remains important—but it is only one part of the equation. Confidence, resilience, communication skills, and self-awareness are equally valuable tools for long-term success.

Summer provides an ideal opportunity to nurture these qualities, helping children return to school better prepared both academically and personally.

# Preventing the Summer Speech and Language Slide

Jenn Tsouras  
R.SLP, M.SLP, Speech-Language Pathologist, Prairie Sprout - Whole Child Development

Summer offers children a much-needed break and opportunity to rest and recharge. It can also make it difficult for them to maintain the skills they've worked on all year at school. This break can be especially impactful for children who are working on speech and language goals. Summer learning should be enjoyable and low-pressure. From an SLP standpoint, the goal is not to replicate therapy sessions at home, but create a communication-rich environment where children feel confident and motivated to use their skills. Here are some simple ways for you to support your child's communication development and still enjoy a fun, relaxed summer:

**Read together!** Reading is a great way to learn new words and practice using language. Try talking about what's you see in the pictures, asking questions, making predictions about what might happen next, and connecting stories to real-life experiences.

**Go out and talk!** Children learn language by hearing it so talk to your child as much as possible throughout the day. Whether it's at the park, the

beach, on a bike ride, or even the grocery store, going out and having experiences creates the perfect opportunity to model language for your child. Talk about what you see, what you hear, what you feel, and what you're thinking.

**Play and practice!** If your child is working on specific speech goals, embedding practice in play is especially effective. Try practicing target sounds and words while playing favourite games or exploring and looking for things with your child's target sounds in them wherever you go. Short, frequent practice tends to be more successful and sustainable for families during the summer months.

**Ask for help!** If you would like more structured practice for your child, you can ask their Speech-Language Pathologist to send home a program for you to follow. Some families also choose to work with a private Speech-Language Pathologist to ensure their child's ongoing progress.

The truth of it is life is busy. The best thing you can do is take time with your child to do things that you both enjoy. By weaving language into daily life, you can help your child maintain their progress and return to school ready to continue building their speech and language skills.

More questions about your child's speech-language development? Would you like more information about private therapy options? Email [info@prairiesprout.ca](mailto:info@prairiesprout.ca).



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[www.manitobavaccine.ca](http://www.manitobavaccine.ca)

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

## Crisis Lines

**Winnipeg Police Service**  
(Child Exploitation Unit)  
[legacy.winnipeg.ca/police/protection/ice.stm](http://legacy.winnipeg.ca/police/protection/ice.stm) | 204-986-6222

**Child and Family Services**  
(Child Neglect Reporting)  
(204) 944-4200 | 1 (866) 345-9241

**988: Suicide Crisis Helpline (24/7)**  
Call or text 988

**Sexual Assault Crisis Line (24/7)**  
Phone: (204) 786-8631  
Toll free: 1-888-292-7565

**Manitoba Suicide Prevention & Support Line (24/7)**  
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[reasontolive.ca](http://reasontolive.ca)

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# Importance of Multi-Sport Athletes

**Jeff Wood**  
*Performance Manager - Sport Manitoba*

There has been an ongoing debate in sport for years: should young athletes specialize in one sport year-round to stay ahead of the competition, or play multiple sports and specialize later?

There are many factors to consider. Here we have provided the short version to that question. To read Jeff's full article visit:



### Growth and Development

Every child grows and develops at different rates, which can have a significant impact on the level at which they play. This can in turn affect their mental outlook towards that sport. That's where resilience and staying positive comes into play.

### The key is to control the things you can control.

You can't control when your body grows, but you can control how you eat, train, think and react to what happens to you.

I can speak to this from the perspective of my own son. Between the ages of 8 and 10, he was a solid hockey player with good skills and hockey sense for his age. At 11, he was the last cut from a AA team, which left him devastated. It was difficult to explain to him it had very little to do with his skills, but more related to his size and strength (or lack of). He was small and coaches picked more physically developed players.

For the next few years, he was consistently among the last cuts at the top level. Rather than giving up, he focused on becoming a better athlete. Then between the ages of 14 and 15, he hit a major growth spurt! Soon after, he earned a spot in AAA hockey, passing many players who had developed earlier because he stayed patient and focused on long-term athletic development.

As a Strength and Conditioning Coach, it solidified my approach on how taking a long-term development with young athletes is the right thing to do.

### The Downfalls of Early Specialization

#### 1. Injuries

The research is clear, early specialization can increase the risk of injury from repeatedly performing the same movements.

#### 2. Burnout

Burnout can be caused by many things including:

- Heavy training that can lead to mental and physical exhaustion.
- Intense practice with no time for unstructured play can lead to less enjoyment of a sport.
- Highly structured, intense training can leave youth athletes feeling like they have no control or input into their involvement in sport.

These things can affect multi-sport athletes too. As parents, we don't need

to plan out every minute of every day for our kids. They need time to unwind, just like adults do.

### The benefits participating in multiple sports:

#### 1. Filling the Movement Toolbox

Playing multiple sports allows your child to fill their movement toolbox with multiple patterns, helping reduce the risk of overuse injuries while building physical literacy and overall athleticism.

#### 2. Injury Prevention

Playing multiple sports exposes children to a wider range of movement patterns, helping reduce injury risk by limiting the repetitive stress associated with a single sport.

#### 3. Having Fun

The majority (99+%) of kids never make it to the Olympics and Paralympics, or professional level. That's why it's important to focus on the many benefits sport provides beyond elite performance.

- Sport = building confidence and character.
- Sport = working in a team and building relationships with others.
- Sport = developing good work habits.
- Most important, sport is about having fun competing with and against your friends.

**These are also great life skills that carry over to life outside of sport.**

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# Navigating the 'Net:

*How EmpowerMen's Online Safety Sessions Help Families Traverse Today's Digital World*

**Nathan Birch**  
EmpowerMen Communications Coordinator

The Internet is an inescapable part of modern life, but it can also be a scary place, with today's young people facing a multitude of risks, including online grooming, scams, sextortion, and exposure to harmful ideas and stereotypes, to name just a few of the many and multiplying issues.

The EmpowerMen Project is located in Winnipeg and is part of the Ma Mawi Wi Chi Itata Centre, one of the city's most-established Indigenous-led service providers. One of our key programs are our Youth Workshops, which are presented in Manitoba schools, target grades 4 to 12, and teach young people about online safety, healthy relationships, how to identify and prevent sexual exploitation, and related topics in an age-appropriate way.

In the delivery of our Youth Workshops, we were approached by teachers and parents who also expressed concerns and questions about the topics we were covering, particularly in regard to online safety. These topics are arguably most productively discussed in a family setting with parents and kids who are both well-informed on the subject, and

so, we began offering our new Parent Information Sessions on Online Safety.

These Online Safety Sessions equip parents and caregivers with the knowledge and tools to help young people navigate today's digital world safely. The free sessions are around 90 minutes long and include discussions, videos, practical examples, and more. Trusted Canadian resources (such as protectchildren.ca) and information about local support services are also shared.

Topics explored include online grooming and exploitation, sextortion, non-consensual image sharing, cyberbullying, problematic platforms and messaging apps to avoid, and more. Parents leave our sessions with knowledge of:

- Current and emerging online risks faced by youth.
- The signs of grooming, exploitation, and harmful online interactions.
- How to start the conversation with their kids about online safety and security.
- Practical advice and tools to promote healthy digital habits.
- The resources available in Winnipeg for those looking for ongoing guidance and help.



Photo: EmpowerMen

EmpowerMen can present these Parent Information Sessions in schools, but are also open to partnering with organizations that think their membership or the community they serve would benefit from this information. We're flexible and willing to adapt the training to your organization or community's specific needs.

The EmpowerMen Project was founded in 2022 with the goal of engaging men and boys to confront the issues of sexual exploitation and human trafficking. We activate men and the wider community through youth workshops, community training, parental information sessions, online engagement, corporate outreach, and research projects.

If you're interested in attending or hosting one of EmpowerMen's Parent Information Sessions on Online Safety, reach out to our Outreach and Partnership Facilitator Geraldine Gruszczuk at [EMOutreach@mamawi.com](mailto:EMOutreach@mamawi.com). Together we can foster a safer, healthier online environment for Manitoba families!

Nathan Birch has 15 years of experience in online publishing and advertising and is currently EmpowerMen Communications Coordinator. If you'd like to know more about EmpowerMen, our initiatives, and access more resources, visit our website ([EmpowerMen.ca](http://EmpowerMen.ca)). You can also follow us on Facebook (@EmpowerMenProject), Instagram (@empowermencanada), and LinkedIn (@EmpowerMen Canada).

# Why Swim to Survive<sup>®</sup> is Essential

**Alexandra Carriere**  
Lifesaving Society Manitoba's Water Safety Manager, a longtime lifeguard, swim instructor, and first time mom

In Manitoba, water is part of everyday life — but in northern and remote communities, it can also bring greater risk. Many of these communities live closely with the water, relying on it for fishing and for travel, whether by boat in warmer months or over the ice in winter. Lifesaving Society Manitoba created the Northern Water Smart Program in 2005 because drowning and water-related injuries are disproportionately high in the North. The program was designed to meet communities where they are, offering practical, accessible training that helps children, youth and adults stay safer around lakes, rivers, boats, and ice.

At the heart of the program is Swim to Survive<sup>®</sup>, which teaches a simple but powerful sequence: roll into deep water, tread water for one minute, and swim 50 metres to safety. These are not recreational swim skills — these are survival skills. Every person should have the opportunity to learn how to swim. Where someone lives should never prevent them from accessing this life-saving knowledge. In many northern communities, swimming lessons are not readily available or affordable, so learning these essentials can make a life-saving difference. Just as important,

children build confidence in the water. When people know how to respond to a fall into the water instead of panicking, they are better prepared to stay calm, make safer choices, and respect the water around them.

The Northern Water Smart Program goes beyond swimming. The program also offers boating safety, first aid and CPR, and ice safety education. These programs along with support for local lifejacket use, helping families build a fuller understanding of how to stay safe in and around water year-round. The program aims create a culture of knowledge, preparedness, and confidence. For parents, that matters deeply. Water safety is not only about preventing tragedy; it is about giving everyone the skills, confidence, and awareness they need to enjoy Manitoba's waterways safely for years to come.

While the Northern Water Smart Program was created to meet the unique needs of northern and remote communities, its message resonates with families everywhere: swimming is a life-saving skill every child deserves the chance to learn. Consider this a timely reminder to prioritize swim lessons and water safety as part of living in Manitoba.



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## Summer-Time to Find Answers



Dr. Matthew Anderson  
*Anderson Vision*

The school year is finally over which means it's time for a break from homework battles. If your child struggled with reading or didn't achieve their potential in the classroom, you may be heading into summer with more questions than relief.

Is my child just not trying? Could it be ADHD? A learning disability? Before you spend the summer searching for answers, consider this: many children who struggle with reading have an undetected vision problem contributing to their difficulties—and most have already been told their vision is “fine.”

Summer is the ideal time to investigate these concerns and, in many cases, address them before the next school year begins.

It is important for parents to understand that seeing the letters on the eye chart (20/20) is just one of 17 visual skills required for reading and learning. Since 80% of learning is dependent on vision, a problem in any of those skills can quietly undermine everything — no matter how hard a child tries.

What are vision-based learning problems? Those are specific types of vision problems that interfere with reading and learning. A couple of these visual skills include that our two eyes need to work together in unison when we read (eye coordination) and follow along a line of print (eye tracking). When just these two visual skills aren't working correctly, it can make reading and remembering what was read difficult, if not impossible.

### Does This Sound Like Your Child?

Children with vision-based learning problems are often bright, verbal, and capable. Because they can communicate well, parents and teachers may assume they are simply unmotivated or not applying themselves.

In reality, a vision disorder can make reading and processing written information genuinely difficult.

### Common signs include:

- Avoiding reading, even for pleasure
- Strong verbal skills but poor academic performance

- Being labeled a “lazy underachiever,” ADHD, or learning disabled
- Working hard but making little academic progress
- Performing better on oral work than written assignments or tests
- Complaints of headaches, eye strain, or fatigue during reading

### You May Notice It in Sports, Too

The same visual skills required for reading are also important for sports, coordination, and depth perception.

If your child avoids activities that involve catching, throwing, or hitting a ball, appears clumsy compared to their peers, or struggles with 3D movies, it may be worth taking a closer look.

### Watch for signs such as:

- Difficulty tracking a moving ball
- Frequently misjudging distances to the ball, other players, or boundaries
- A naturally athletic child who struggles specifically with ball sports
- Limited improvement despite regular practice
- Poor hand-eye coordination

### This Summer, Get Some Answers

When a vision problem is the underlying cause of a child's struggles, no amount of tutoring, behavioral strategies, or extra effort will fully solve the problem. The visual system itself must be evaluated and successfully treated. The encouraging news is that many vision-based learning problems are treatable, and summer gives you a window to pursue that treatment before the pressure of a new school year begins.

Don't head into fall with the same unanswered questions. Schedule a Developmental Vision Evaluation this summer and give your child the opportunity for a stronger, more confident start to the school year. To learn more, visit [www.grandvisioninstitute.com](http://www.grandvisioninstitute.com). You can also complete our detailed Vision Symptoms Survey by scrolling down on the homepage and selecting “Vision Symptoms Survey.”

*Dr. Matthew Anderson, Developmental Optometrist, provides vision care for the entire family and also provides specialized services in the diagnosis and treatment of vision problems that interfere with reading and learning. Dr. Anderson is a popular speaker with parents and professional groups and may be reached at (204) 633-5566. For more information visit his website: [www.grandvisioninstitute.com](http://www.grandvisioninstitute.com)*

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