

**Maccdonald Healthy Child** is a network of volunteers from the R.M. of Maccdonald dedicated to support community based programs and activities for children, youth and their families. Areas of focus include:

- Parenting
- Nutrition & Physical Health
- Literacy
- Community Capacity Building

Chairperson	Shauna Hewitt	Sanford 736-3465
Secretary	Janice Erb	Domain 882-2301
Members	Marnie Erb	Sanford 736-2323
	Brenda Halstead	Starbuck 735-2857
	Elizabeth Lunn	La Salle 736-9245
	Shauna Arbuckle	La Salle 736-2274
	Tammy Minuk	Oak Bluff 832-2954
	Marsha Haberman	Sanford 736-3289
	Leslie Poulin	Brunkild 736-3750
	Sabrina Peters	La Salle 736-3798
	Shelley Robson	Sanford Public Health Unit 736-2388
	Susanne Moore	WPRD 735-2444

*Maccdonald Healthy Child programs are offered free of charge. Donations are gratefully accepted!*

### **Play to Learn & Learn to Play - Parent/Child (Ages 0 - 5)**

Play to Learn and Learn to Play is a family literacy model based on the value of play. Parents will explore play from many points of view - educational, social and emotional. Parents are encouraged to see the value of play in their children's lives as well as their own. The program involves a parent workshop involving discussion, journaling and hands-on activities. We have a parent-child time as well as a game circle, where we just have fun trying out all those games we remember from our childhood, and a few new ones.

Oak Bluff - Recreation Centre Board Room

6 Wednesdays, April 8th - May 13th

1:30 pm - 3:30 pm

Register by April 2nd

### **Rock & Read - Parent/Child**

**(Baby - 5 years)**

Rock'n Read is a hands-on family literacy program for parents and their preschoolers. Families enjoy rhymes, songs, lullabies and book sharing. The children enjoy quality play-time while parents share and discuss family literacy "tips and tricks" and make a beautiful book for their child.

Domain - Hall

6 Thursdays, March 26th - May 7th, (No class April 2nd)

9:30 am - 11:30 am

Register by March 12th

### **Kids in the Kitchen (Ages 7 & up)**

Do you wish your child would learn how to prepare some of their snacks so they might be more interested in eating nutritious foods? Well, "Kids in the Kitchen" might be for your child!

Sanford - United Church

8 Mondays, April 6th - June 1st (No class May 18th)

4:00 pm - 5:30 pm

Register by April 1st

### **Shake, Rattle & Roll - A Gym Program for Parents & Toddlers!**

A program for children 18 months to 3 years of age that encourages early movement and co-ordination using simple songs, large and small apparatus and hand held equipment. Toddlers will develop a positive attitude towards physical activity while having fun with mom and/or dad.

La Salle - Community Centre

8 Wednesdays, April 8th - May 27th

6:30 pm - 7:30 pm

Register by April 6th

### **Getting Ready for School**

This is a hands-on training course for parents which uses fun activities that will help your child become ready for school. The objective is to build on parents' knowledge and strengths, learn new words and phrases that are part of the school world and gain more knowledge of what community resources are available, helping your child to have a head start on certain skills before they go off to Kindergarten or Grade One.

Starbuck - School

3 Wednesdays, April 8th, 15th & 22nd

7:00 pm - 8:30 pm

Register by April 1st

### **Wiggle Tales - Parent/Child**

**(Ages 2 - 4 years)**

Wiggle Tales is a program designed to offer preschool children an opportunity to develop physical, emotional, and social competency within a peer group. Developmental activities are centered around a theme based on a story, and parents also have the opportunity to discuss and share ideas or concerns about a suggested topic.

Brunkild - Lutheran Church

6 Thursdays, April 9th - May 14th

10:00 am - 11:00 am

Register by April 2nd

La Salle - Community Centre

6 Tuesdays, May 5th - June 9th

10:00 am - 11:00 am

Register by April 30th