



Pre - School

Literacy /Numeracy Program

Kim Young of Austin Preschool Connections / Pine Creek School Division, has developed a new Literacy/Numeracy program. This is the second successful year running the program at the Austin Elementary School. The sessions are parent-child orientated and are set up as centre activities. Parent and child rotate through a variety of themed literacy/numeracy centres. These pre-kindergarten activities have given the school a real advantage in assessing children before the beginning of the kindergarten year. A Public Health Nurse and Speech Pathologist are also on hand during the sessions. The relaxed “come and go” atmosphere allows children to participate in, and finish activities at their own pace. Kim states that this program has contributed to lessening anxiety in children on their first day of kindergarten. Kim will be presenting the program to the Manitoba Educational Research Network (MERN) in January. Congratulations Kim on a terrific program!



Healthy Smiles

The Healthy Smile Happy Child facilitator is excited to announce the arrival of the Resource/Self-Learning Binders! The binders were put together with information and resources that will answer your oral health questions while providing you with resources to use with promoting oral health in your future programming! Whether you are wanting to make a display, teach little ones and their parents the importance of brushing and the “how to’s, to put together oral health themed packages for home, or to simply learn more about topics such as Early Childhood Tooth Decay, Chronic disease links to oral health, fluoride use, and information about where to go for dental care in your communities, these binders have it and more! You can access a wide variety of resource and handouts in these binders for oral health promotion and programming. The binder can be used with the

resource kit to build a variety of oral health initiatives and programs. A Resource /Self

Learning binder can be accessed at every Public Health Unit in Central Region.

To sign out the Healthy Smile Happy Child Resource Kit please contact Tracy - HCC-CR at 242-4598. Happy oral health promoting.

Oral Health Is Good For Life

Did you know that a healthy body is significantly linked to a healthy smile? I’m sure you have heard someone tell you that brushing and flossing can add years to your life. There is actual recent health research evidence that explains those claims! In the past few years, it has become more and more common to see oral health companies and dental associations promote oral health within an overall health message to the media. The reason for these messages is that oral diseases, most specifically periodontal disease (moderate to severe gum disease), has been significantly linked to a wide array of chronic diseases by numerous Canadian studies. Within Manitoba, approximately 5% of the population has been diagnosed with Diabetes and the majority of hospitalizations and deaths have been due to Cardiovascular disease, and the stats indicate that is on the rise. So, a large emphasis has been put on promoting healthy living strategies that will decrease these numbers, and due to the recent research evidence, oral health now being indicated as one of these strategies. Periodontal disease has been significantly linked to chronic diseases such as Cardiovascular (heart) disease and Stroke, Diabetes, Chronic Respiratory disease, Osteoporosis, Arthritis, and even Alzheimer’s disease. With all this research being dedicated to discovering the specific linkages, it is becoming more and more evident that the healthy oral care habits of brushing and flossing your teeth and visiting your dentist should not be ignored or taken lightly. Start oral care right from birth with wiping sugars and bacteria from their gums, brush and floss their teeth daily when teeth appear, visit the dentist annually right from their first birthday, and share a healthy, well balanced diet complete with lots of water; it will keep the doctor away.

Submitted by Jenna Faurchou, Community Facilitator for Healthy Smile Happy Child



Family Literacy Day January 27

Each January 27th families and communities across Canada mark the importance of reading with children by celebrating with literacy themed events coordinated by literacy organizations, schools, public libraries, and families. To celebrate Family Day 2009 - ABC Canada is encouraging all Canadians to participate in the attempt to break the Guinness World Record for "Most Children Reading With An Adult, Multiple Locations." The current record is 78,791, set by the U.S. in 2006. To register to participate and for Literacy Day activity ideas visit the ABC Canada website www.abc-canada.org

Bookmates Training

Central Region:

Family FUNdamentals
April 7 – 8
Carman United Church
Posters to be distributed

Winnipeg:

Story Sacks
Feb 18 & 19

Alphabet Soup
March 4 & 5

Contact Bookmates at 204-582-1804 for more information on Wpg trainings

Coming Events

FRC Meeting

March 12 – Steering Committee Meeting-
Carman 9:30 – Noon Prairie Rose School Div.

April 24 – 11th Annual RHA Healthy Living
Conference - Christian Fellowship Church
Gladstone MB – Guest Speaker - Kathy Lynn
Information to be distributed in February.

Feb 6 - Wiggle Giggle Munch – Winnipeg
training Magnus Eliason Rec Cetnre
\$50.00 reg fee
Call Genny at 204-784-4050 for more info.

Websites

The Science of Early Child Development
www.scienceofecd.com

Natural Play
www.naturalchildreunion.ca

Clyde Hertzman
www.earlylearning.ubc.ca

Manitoba Culture, Heritage, Tourism & Sport

Community Places Program

Deadline for Community Places applications is
February 15, 2009

Applications may be downloaded from the site
www.gov.mb.ca/chc/grants

Healthy Child Coalition – Central Region Announces New Funding Initiative

HCC-CR is pleased to introduce the "Special Initiatives Grant" to Central Region. This new grant funding is available to organizations to support Parent/Child programming, Resources, and Education. This funding is for new initiatives not already applied for in the annual granting due in May and awarded in September.

Proposals for grant funding may be received on an ongoing basis, September to June each year. Contact Tracy at the Coalition office for more information on the Special Initiatives Grant 204-242-4598.

REMINDER

The phone number for Healthy Child Coalition has been changed to: 204-242-4598
Fax number: 204-242-2797



Family Friendly Award

Many partners were involved in the development and delivery of parent child programs in 2007 – 2008

*Your organization can say **THANK YOU** for this support by awarding them with the Family Friendly Award. Recognize and celebrate an organization, a business, or an employer in your community for their “Family Friendly” practises.*

Contact Tracy Bamford, Coalition Coordinator at hcc-cr@mts.net for nomination applications

**Central Region
Community Parent Child
Program Contacts**

Altona & Area Family Resource Center	324-2352
Austin Preschool Connections	637-2404
Carman Family Resource Center	745-5571
Centre D'Enfants St. Claude	379-2908
Childcare Family Access Network	445-2295
Elm Creek Early Years Committee	436-2439
Happy Rock Partners in Parenting	385-3137
La Garderie Arc-en-ciel	248-2315
Lorne Family Resource Connections	242-4390
Macdonald Healthy Child Committee	735-2444
MacGregor Nursery School	685-2522
Manitou Community Daycare	242-3484
Miami Children's Facility	435-2725
Morden Parent Child Center	822-1231
Petits Choux Day care	744-2180
Portage Learning & Literacy Center	857-6322
Red River Valley Parent Child Center	746-2410
Rock Lake Parent Child Committee	825-2080
South Central Committee on Family Violence	325-9957
Swan Lake First Nation Health Center	836-2424
West End Daycare	857-8910
Tupper Street Family Resource Centre	857-9011
White Horse Plain Early Childhood Comm.	353-2080
White Plain Recreation District	735-2444

**2008 Healthy Child Coalition
Steering Committee Members**

FSH – (Chairperson	Dorothy Braun	324-5223
Family Resource		
Child Care	Cindy Curry	242-3484
FSH	Micheline Durand	239-3137
Child Protection	Diane Delucia	857-8751
Education	Jaclyn Koskie	746-2317
Family Resource	Sharron Arksey	445-2295
RHA Central	Grace Klassen	746-8858
DOCFS	Rubina Kirkness	856-5573
Recreation	Susanne Moore	735-2444
M.A.F.R.I	Lavonne Kroeker	319-0387
Healthy Child Manitoba	Wendy Church	945-8796

Make Your Own Pita or Wrap

Children like to eat their own creations, here are some ingredient ideas for wraps.

- luncheon meat
- cubed chicken breast
- peanut butter
- tuna or salmon
- chicken salad
- hummus
- beans
- pepperoni
- cooked tofu
- sliced cheeses
- grated cheese
- cooked rice
- grated carrot
- tomato slices
- cucumber slices
- mayonnaise
- mustard
- salsa



**For More Information on the
Healthy Child Coalition – Central Region contact:**

Tracy Bamford – Coalition Coordinator
Healthy Child Coalition – Central Region
Box 87, Manitou, MB R0G 1G0
Tel: 204.242-2021
Fx 204.242-2021
Email: hcc-cr@mts.net
Website: www.healthychildcentralregion.ca



**Community Parent Child
Program Coming Events**



Altona & Area Family Resource Centre

April Positive Parenting
 Alphabet Soup
 Coffee & Chat
 Kit & Kaboodle
 Stay & Play

Call: Greta 204.324-2352 for more info.

Miami Children's Facility

April/May Stay n Play
Roland/ Rock n Read
Miami Kit & Kaboodle
 Shake Rattle & Roll TBA

Call April for more info: 204.435-2725

Notre Dame De Lourdes

La Garderie Arc-en-ciel

April Happiest Baby on the Block
April/June Growing with Mom
TBA Kit & Kaboodle

Call Lisa for more info: 204.248-2315

Winkler

**South Central Committee on Family
Violence**

March/April Parenting Play Group

Call Angela For more info: 204.325-9957

Lorne Family Resource Connections

R.M of Lorne

April/June Moms Morning Out
 Growing With Mom

For more information on the above programs call:
Angela at 242-4390

Manitou

April/May Mother Goose
 Rock n Read

Call Cindy for more information at 242-3484

Morden Parent Child Resource Centre

April / May Shake Rattle & Roll
 Stay n Play

Call Karen for more info: 204.822-1231
