



Village Voices

February is I Love to Read Month

It's probably no coincidence that Family Literacy Day January 27 is followed so closely by I Love to Read Month in February. Although the winter of 2012 has yet to show its ugly side, these are the days of longer nights and colder temperatures—ideal for discovering and rediscovering the joys of reading.

The following tips for parents and caregivers come from the Ontario Ministry of Education as part of its Early Reading Strategy.

1. Talk to your child. Oral language is the foundation for reading. Tell stories about your family. Ask your child lots of questions. Sing songs and recite rhymes.
2. Make reading fun. Read with drama and excitement. Read books your child selects.
3. Read every day as part of your normal routine. Start when your child is young and set aside a special time when you can give your full attention to reading with your child.
4. Set an example. If your child sees you reading, whether it is a book or the label on a jar, he will understand that reading is a worthwhile activity.
5. Talk about books. Ask your child what kinds of books he would like to read. Tell your child about your favourite book from childhood. Before you even read a book to your child, talk to him about what might happen in the story.



February is I Love to Read Month.

Family Friendly Award presented at Carman annual meeting

Carman Mennonite Church is the newest recipient of the Family Friendly Award, sponsored by Healthy Child Coalition—Central Region.

The award was presented January 19 at the annual

general meeting of the Carman Family Resource Centre.

Family Friendly Awards are given to community businesses and organizations that demonstrate a commitment to local families.

Carman Mennonite Church has generously donated space for the running of resource centre programs.

For more information on the Family Friendly Award and how to apply, contact hcc-cr@mymts.net.

Healthy Child Coalition— Central Region

Winter 2012

Tidbits

- © Healthy Child Coalition—Central Region is on Facebook. Check it out!
- © Have comments or suggestions for this newsletter? Contact Sharron Arksey at hcc-cr@mymts.net or 204-445-2326.
- © Next issue will be out April 2012.

Inside this issue:

Groundhog Rhymes	2
Valentine Crafts	2
St. Patrick crafts	2
FUNDamentals	3
Save the Date	3
Grant deadline	3
Importance of Play	4

Rhymes and songs for Groundhog Day

Sing this song to the tune of "I'm a Little Teapot".

I see a little groundhog furry and brown
He's popping up to look around.
If he sees his shadow, down he'll go.
Six more weeks of winter—oh no!

Here's a seasonal variation on "Brown Bear Brown Bear, what do you see?"

Groundhog, groundhog what do you see?
I see the sunshine looking at me.
Sunshine, sunshine, what do you see?

I see a shadow looking at me.

Shadow, shadow, what do you see?

Six more weeks of winter there will be.

And finally the first two stanzas of the Robert Louis Stevenson poem "My Shadow" are good to use on Groundhog Day.

I have a little shadow that goes in and out with me,
And what can be the use of him is more than I can see.



Will he see his shadow on February 2?

He is very very like me from the heels up to the head;

And I see him jump before me, when I jump into my bed.

The funniest thing about him is the way he likes to grow -

Not at all like proper children, which is always very slow.

For he sometimes shoots up taller like an India-rubber ball,

And he sometimes goes so little that there's none of him at all.

Valentines Day crafts with lots of heart

Here is an easy and age-appropriate craft to do in your parent-child program or at home.

All you need is:

- Red construction paper
- Yarn, and
- Glue.

Trace your child's hands on the construction paper. Cut out. Measure the distance from finger tip to finger

tip of your child's outstretched arms with yarn and cut. Attach a handprint to each end of the yarn.

Place inside a card with the Valentine's Day poem featured here.

OR

Trace and cut out the child's hands as above. Print "I love you this much" on one of the hands and the child's name on the other.

Measure the child's arm reach with yarn and attach one end of the yarn to each hand.

You can also do this with cut out hearts instead of hands.

A Valentine Hug to You.

Wrap these hands around you

Whenever I'm away

So you can have a hug from me

Anytime of day!

St. Patrick's Day and the snakes of Ireland

St. Patrick supposedly banished all the snakes from Ireland, which makes this craft all the more appropriate for March 17.

Draw or print a shamrock and cut it out. Trace onto green construction paper and cut out. Glue the shamrocks together so that the top



Make a shamrock snake for St. Patrick's Day.

of one overlaps the stem part of the next. Cut a tongue shape out of red construction paper and glue it to the front of the shamrock snake. Draw eyes on the snake above the tongue with a black crayon.

NOTE: This can be done with hearts for

Valentine's Day as well.

And another craft idea:

Use Fruit Loops cereal to make a rainbow. Make a rainbow template on construction paper or cardboard. Put a line of glue around the outside edge of the rainbow and your child can place one colour of Fruit Loops along that line. Put a line of glue just to the inside of the first line and glue on another row of Fruit Loops. Repeat.

Family Learning FUNdamentals February 22-23, 2012 Carman

Your introduction to family literacy and learning begins with Bookmates Family Learning FUNdamentals. Fun and hands-on activities teach the key components of a family learning program.

This workshop includes:

- Information about adult literacy
- Clear language strategies
- Early literacy skills for children
- Rhyme circles
- Songs and storytelling
- Book sharing and book making

- Ideas for parents' programs
- Children's programs
- Strategies to develop a program for your community

The Bookmates Family Learning FUNdamentals workshop is the prerequisite for all of the Bookmates facilitator certification trainings and workshops.

This is a two day training and it is being offered at the regular one-day price of \$16. Cost includes lunch and refreshments. Registration deadline is February 10, 2012.

For more information about the upcoming training session, visit our website at www.healthychildcentralregion.ca or email hcc-cr@mymts.net



Songs and storytelling are included in the Family Learning FUNdamentals workshop.

Mark this day on your calendars!!

Healthy Child Coalition—Central Region will host a regional forum May 2 in Carman.

The day will begin with an address by Rob Santos of Healthy Child Manitoba, who will outline the most recent findings from regional EDI results. Find out how area children are faring and how these results compare to others throughout the province.

Community leaders will have an opportunity to meet with Healthy Child Manitoba representatives to discuss what these findings mean for Central Region.

Front-line professionals will hear a presentation on the importance of play in parent-child and child care settings. Presenter is Gayle Robertson of Winnipeg.

Watch your postal and email boxes for more information on this important event. Or contact the coalition by phone at 204-445-2326 or send an email to hcc-cr@mymts.net

SAVE THE DATE

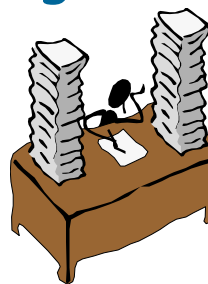
**Wednesday,
May 2,
2012**

Grant deadline approaches once again

It's almost time once again to fill out forms for funding from Healthy Child Coalition—Central Region. Grant applications for the 2012-13 year will be due April 30, 2012.

The new forms will be available at the end of March. Anyone who misses the mail out can get application forms by going to the coalition's website at www.healthychildcentralregion.ca or by emailing the coordinator at hcc-cr@mymts.net.

Coordinator Sharron Arksey is available to answer any questions you might have about the forms and the granting process. She can be reached by email or telephone 204-445-2326. Programs are reminded to send in their final reports for 2011-2012



UNFORTUNATE FACT OF LIFE

No job is completed until the paperwork is done.

by May 31. Failure to submit a final report for the previous year may disqualify your program from future funding.

Decisions on 2012-2013 funding will be made in June and programs will be contacted

shortly after those decisions are made.

Healthy Child Coalition— Central Region

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Healthy Children, Healthy Families,
Healthy Communities



Healthy Child Coalition
Central Region



Healthy Child Coalition - Central Region... is one of 26 parent child coalitions funded through Healthy Child Manitoba.

HCC-CR ... is a network of partners: Parent groups, Family resource programs, Child care programs and nursery schools, Schools and school divisions, Child protection agencies, Aboriginal, French and other cultural groups, Recreation and sport groups, Local governments, businesses & community groups, Provincial government departments working together for healthy children, healthy families and healthy communities.

HCC-CR ... is one component of a wide-ranging series of provincial supports that includes Families First, Healthy Baby, Triple P Positive Parenting Program, Healthy Schools, Roots of Empathy and more.

HCC-CR... is a source of funding for parent-child programming across Central Region. Supported programming is family-focused and community-based, focuses on parenting skills, nutrition and physical activity, literacy and capacity building.

HCC-CR ... is part of the village that raises the child.

Don't underestimate the importance of play

How often have we looked at our children and said, "They're just playing"? But current research tells us that "just playing" is one of the most important ways that children learn.

In fact, the United Nations High Commission for Human Rights has recognized play as a right of every child.

Play is a much needed activity in early childhood because play is the building block of a child's intellectual skills. Through play, children develop social skills, problem solving skills and interpersonal skills.

Play helps to prepare a child for school. Play activities help to nurture social and language skills. Singing and

rhythmic activities enhance language learning and play also helps to hone a child's math skills.

Physical play helps to nurture and coordinate the sensory-motor development of a child. In addition, physical activity helps to prevent childhood obesity.

Through play, children not only learn many new skills, but also develop self-esteem and positive mental health.

And finally, play offers an ideal op-



An outdoor play activity that combines physical activity, creativity and teamwork!

portunity for parents to engage fully with their children which has benefits for the entire family.

There is also much research being done on the benefits of 'free play' as opposed to structured play organized by adults.

The importance of play will be the featured topic of a professional development opportunity for front line workers in Central Region on May 2, 2012. See Page 3 for more information.