





# Fine Motor Fun



Fine motor skills are the use of small muscle groups in our hands and fingers. These small muscles help us to perform tasks that are precise in nature such as brushing our teeth, doing up our clothing and shoe fasteners, drawing, printing, and playing with building toys (eg. Lego). Fine motor skills are critical for developing our self-care skills, play skills and academic skills.

Research is showing that fine motor skills are declining in young children. It is not clearly understood why but there is some thinking that this decline is related to fewer opportunities for free play, an increase in sedentary lifestyles and the trend towards digital toys versus manipulative toys. As parents, it is critical that we engage our young children in activities that develop hand and finger skills. Many of these activities involve using the whole body since overall body strength, especially in the shoulders and arms, provides the stability our bodies need to effectively use our small muscles. Activities that develop our hand and finger skills can be broken down into three overlapping categories that are listed below:

## 1. Activities that put the weight of the body on the hands

- crawling (eg. through a tunnel, obstacle course, under chairs...)
- climbing on a play structure, climbing UP a slide or climbing a climbing wall
- walking on all fours like a crab or bear
- propping self on floor tummy side down with arms while playing (eg. with cars or trains)
- playing Twister

## 2. Pushing, pulling and lifting activities

- playing with Lego, pop beads, connecting cubes
- rolling playdough with a rolling pin
- stretching rubber bands over a plastic bottle or chunk of a pool noodle (extra challenge: make patterns with coloured elastics !)
- pulling a wagon

- lifting and carrying the recycling box
- pushing a friend on a swing (carefully)
- helping with carrying and putting away groceries
- helping with snow-shovelling, raking, vacuuming and sweeping

## 3. Squeezing, squishing, pinching and finger dexterity activities

- engaging in "office play" (using hole punchers, staplers, scissors, fold back clips, etc.)
- playing games with tongs and tweezers
- squishing the bulb on turkey basters or nasal aspirators to "blow" pom poms or cotton balls along a horizontal surface
- squeezing a water sprayer
- scrunching up bits of tissue paper and making it in to an art piece
- pinching and squishing playdough or finding hidden items in the playdough
- playing board games that involve pinching and isolating finger use (eg. Mr. Potato Head, Jenga, Kerplunk)
- picking up, sorting and arranging small items like plastic gems, marbles and pebbles with the thumb and index finger or thumb, index and middle finger
- finger painting or painting with cotton swabs
- drawing in sand or rice with fingers
- painting and drawing on an easel or vertical surface (eg. on windows with washable window markers)

Robin Jewers, O.T. Reg (MB),  
Occupational Therapist  
St. James-Assiniboia School Division



## Snowflakes, Snowflakes Falling Down

(Sung to the tune of "Twinkle Twinkle Little Star")

Snowflakes, snowflakes,  
falling down  
(wiggle fingers in the air)

Falling falling to the ground.  
(wiggle fingers towards the ground)

Can you catch them on  
your nose?  
(wiggle fingers to touch nose)

Will they fall and touch your  
toes?  
(wiggle fingers to touch toes)

Snowflakes, snowflakes, falling  
down

Falling falling to the ground.  
(repeat movements)

## Glittery Snow Playdough

(Playdough we use at the Centres)

- 2 cups flour
- ½ cup salt
- 4 Tbsp Cream of Tartar
- 2 cups water
- 2 Tbsp vegetable oil
- Glitter
- Saucepan

### Directions:

In a large saucepan, mix together the flour, salt and cream of tartar. Add the water and oil and stir until mixed well. Place on stove over medium heat, stirring constantly. After a few minutes it will cook down to playdough consistency and form a ball in the pan. Remove from heat and allow to cool (cover with a damp cloth while cooling to avoid drying out), and then knead in the glitter.

**Store in an airtight container or Ziploc bag.**



Join us the last Wednesday of the month for story time, music, crafts and kitchen fun!

Deer Lodge Parent Child Drop In Centre (323 Bruce Ave)  
No registration required.

**Date:** Wednesday, January 20, 2019

**Book:** If You Give a Pig a Pancake by Laura Numeroff

**Cook:** Banana Blueberry Baking Sheet Pancakes

**Date:** Wednesday, February 27, 2019

**Book:** Pete the Cat: I Love My White Shoes by Eric Litwin

**Cook:** Storytelling Snack Rice Cakes

This fun program promotes the importance of physical activity in preschool play.

**Dates:**

Fridays January 11, 18, 25 and February 1, 8, 15, 22, March 1, 2019

**Time:** 9:30 – 10:30 AM

**Location:**

Westwood Community Church (401 Westwood Dr)

**\* No registration required**

Families are invited to join us for a musical adventure as we use singing, instruments, movement, stories and rhythmic rhyme to explore the musical world!

**Monday Afternoons 1:30-2:15 pm:**

January 21, 28, Feb. 4, 11

OR

**Thursday Evenings 6:15-7:00 pm:**

January 10, 17, 24 and 31

**Location:** Messiah Lutheran Church (400 Rouge Rd)

**Registration Required: (Registration starts December 12, 2018)**

Online: [www.sjapcc.ca](http://www.sjapcc.ca)

Email: [familyresource@sjsd.net](mailto:familyresource@sjsd.net)

Visit our website at [www.sjapcc.ca](http://www.sjapcc.ca) to view our informational video



Here are a few of our favorite children's winter books.

**JACKIE:**

**Snowmen at Night** by Carolyn Buehner

This story exposes the secret life of snowmen and what they really do at night.



**JOANNA:**

**Froggy Gets Dressed** by Jonathan London

Everyone can relate to Froggy's frustration and getting dressed for winter fun. Froggy is finally ready to go outside when his Mom calls one more time "Froggggyyyyy!!!" What could he have forgotten now???



**TERI:**

**Snowballs** by Lois Ehler

How do you build a snowman? With a few found objects and a little imagination this story shows how one child creates a whole snow family.



**SANDRA:**

**Ten on the Sled** by Kim Norman

A delightful twist on the song Ten in the Bed. Ten forest animals have fun sledding down a hill.



## St. James-Assiniboia School Division Kindergarten Open Houses 2019

To learn more about your child's journey to Kindergarten, please join us at your catchment school's Kindergarten Information Evening on the following dates:



Monday	Tuesday	Wednesday	Thursday
<b>January 21</b> Assiniboine School Bannatyne School Lakewood School Robert Browning School	<b>January 22</b> Brooklands School Crestview School Heritage School Stevenson-Britannia School	<b>January 16</b> Phoenix School  <b>January 23</b> Buchanan School Strathmillan School	<b>January 17</b> Linwood School Athlone School <b>January 24</b> Sansome School Voyageur School



## Parents

### Make Life Easier for Yourself



• **Decide what is most important.**

People are more important than things. It is always important to cuddle, play, and talk with your child.

• **Tidy is more important than clean.**

No one will see the dust on the woodwork, but toys all over the floor are dangerous. Put the toys into a box and put the box in a corner. The room will look much better, you will feel good about it, and it will only take a few minutes.

• **Be as organized as you can.**

Every day, make a list of what you have to do. This could include planning meals, cleaning, errands, appointments, and anything else you need to get done that day.

• **Work out ways to get things done quickly and easily.**

There are ways to save time and energy. For example, prepare enough stew for two meals then freeze half for another day. Do as much as you can by phone or online.

• **Share the work.** You do not have to do everything on your own. Share the work with your partner, if possible. Ask for help from friends and family members. Ask a neighbour or a friend to watch your child for an hour or so while you take a break. Maybe you can watch her child in return or do some other favour.

• **Prepare for problems BEFORE they happen.** Problems will seem smaller if you've already figured out how to handle them. What will you do if your child has a fever? Or if your babysitter gets sick?

**What Can Wait?**

**IS THIS A MUST DO JOB OR A SHOULD DO JOB?**

When you feel you have too much to do, take a break and make a list. Write down all the jobs that you think you need to do. Decide whether each job is a must do job or a should do job. Work on the must do jobs first. You do not have to think about the should do jobs right away. They can wait.

**Examples of must do jobs:**

- Feed your child.
- Take care of a sick child.
- Get some rest and exercise.
- Pay your bills.
- Make sure your child goes to school or daycare.

**Examples of should do jobs:**

- Clean the floor.
- Do laundry.
- Clean the bathroom.
- Mow the lawn.

You cannot delay should do jobs forever. If you have no more clean clothes to wear, doing laundry is a must do job! Ask yourself: "Will something bad happen if I don't do



**Give yourself credit for what you do. Do not feel guilty about what you do not get done.**

this job?" If the answer is yes, then this is a **must do** job. Spend your time doing **must do** jobs and having fun with your family and friends.

**What Can You Get Help With?**

**Look to your community.**

Help and support from neighbours, friends, and family can make many problems easier to handle. Stay connected to your family and friends. Reach out to other people.

- Buy and cook food as a group or use a community kitchen program.
- Arrange a car pool.
- Join a babysitting co-op. In a co-op, parents trade babysitting time instead of paying for it.



For more information about Nobody's Perfect, or to download this document, please search "Nobody's Perfect Tipsheets" on Canada.ca.

### Adult Sleep Information Session

February 28, 2019 from 4:30 – 6:30 PM | ACCESS Winnipeg West – 280 Booth Drive in Room 209

To Register: Please call 204-940-2364

This session will be presented by the psychologist at Access Winnipeg West. It will provide some basic information on sleep, sleep hygiene, common sleep problems and where to access sleep services.



## What is ultra-processed food and how can you eat less of it?

People in Canada consume almost 50% of their daily calories from ultra-processed foods, according to recent research commissioned by Heart & Stroke.

That means almost half of the food we eat every day has been significantly changed from its original state, with salt, sugar, fat, additives, preservatives and/or artificial colours added.

What we eat has a big impact on our health, and ultra-processed foods like candy, soft drinks, pizza and chips do not contain enough of the beneficial nutrients that the body requires. The more ultra-processed foods we eat, the poorer the overall nutritional quality of our diet.

But here's the good news. Not every food that comes in a box is ultra-processed. Researchers have split foods into four categories.



- **Unprocessed or minimally processed foods:** Think vegetables, grains, legumes, fruits, nuts, meats, seafood, eggs and milk. Make these real, whole foods the basis of your diet.
- **Processed culinary ingredients:** These items make plain vegetables and a grilled chicken breast taste a whole lot better. Examples are herbs, spices, balsamic vinegar, garlic and oil. Use these ingredients in small amounts to create fresh, home-cooked meals.
- **Processed foods:** When ingredients such as oil, sugar or herbs are added to foods and they are packaged, the result is processed foods. Examples are simple bread, cheese, tofu, and canned tuna or beans. These foods have been altered, but not in a way that's detrimental to health. They are convenient and help you build nutritious meals. See? Not everything in a package is bad for you!
- **Ultra-processed foods:** Here's the category where almost 50% of our calories come from – and where we should cut back. These foods go through multiple processes (extrusion, molding, milling, etc.), contain many added ingredients and are highly manipulated. Examples are soft drinks, chips, chocolate, candy, ice-cream, sweetened breakfast cereals, packaged soups, chicken nuggets, hotdogs, fries and more.

For overall health, look at where the bulk of the foods you plan for your family are coming from. The ideal is to limit ultra-processed foods. Focus your menu planning on using fresh, minimally processed foods most often. Start making small changes one or more times per week and make meals from scratch with the aid of culinary ingredients and some processed food items like canned beans or tuna and frozen veggies. You'll easily have a meal to be proud of and that tastes great!

Article written by: Carla Rosenbloom, RD (accessed online November 2018 <https://www.heartandstroke.ca/articles/what-is-ultra-processed-food> ).

Adapted for submission by: Martina Gornik-Marion, RD Public Health Dietitian WRHA

## VEGAN WINTER LENTIL STEW

A rich and hearty medley of vegetables, lentils, and herbs makes this freezer-friendly Vegan Winter Lentil Stew the perfect cold-weather comfort food. Makes Servings 8

### INGREDIENTS

- 2 Tbsp olive oil \$0.32
- 1 yellow onion \$0.32
- 4 cloves garlic \$0.32
- 4 carrots (about 1/2 lb.) \$0.45
- 4 stalks celery \$0.75
- 2 lbs potatoes \$0.70
- 1 cup brown lentils \$0.49
- 1 tsp dried rosemary \$0.10
- 1/2 tsp dried thyme \$0.05
- 2 Tbsp Dijon mustard \$0.09
- 1.5 Tbsp soy sauce \$0.09
- 1 Tbsp brown sugar \$0.04
- 6 cups vegetable broth \$0.78
- 1 cup frozen peas \$0.38



### INSTRUCTIONS

Dice the onion and mince the garlic. Add the olive oil, onion, and garlic to a large soup pot and begin to sauté over medium heat.

While the onion and garlic are sautéing, dice the celery, then add it to the pot and continue to sauté. As the celery, onion, and garlic are sautéing, peel and chop the carrots into half rounds. Add the carrots to the pot and continue to sauté.

As the onion, garlic, celery, and carrots are sautéing, peel and cube the potatoes into 3/4 to 1-inch pieces. Add the cubed potatoes to the pot along with the lentils, rosemary, thyme, Dijon, soy sauce, brown sugar, and vegetable broth.

Briefly stir the ingredients to combine, then place a lid on the pot, turn the heat up to high, and bring the stew up to a boil. Once it reaches a boil, turn the heat down to low and let it simmer for 30 minutes, stirring occasionally.

Toward the end of the simmer time, when the potatoes are very soft, begin to mash the potatoes a bit as you stir. This will help thicken the stew.

Finally, after 30 minutes, stir in the frozen peas and allow them to heat through. Taste the stew and add salt if needed (this will depend on the salt content of your broth, I did not add any extra). Serve hot and enjoy!

<https://www.budgetbytes.com/vegan-winter-lentil-stew/>



# AROUND THE COMMUNITY



## City of Winnipeg FREE PUBLIC Swimming & Skating



### Free Public Swimming

**ST. JAMES-ASSINIBOIA CENTENNIAL POOL**  
644 Parkdale St  
Wednesdays 2:00 – 4:30 p.m.

**ST. JAMES CIVIC CENTRE**  
2055 Ness Ave  
Fridays 7:30 – 9:30 p.m.

### Free Public Skating

**ST. JAMES CIVIC CENTRE** 2055 Ness Ave

\* check online at [Winnipeg.ca](http://Winnipeg.ca) for schedule changes

**Mondays\* 11:00 a.m. – Noon**  
Sept. 24-Dec. 17, 2018,  
Jan. 7-Mar. 18, 2019

**Saturdays 2:15 – 3:15 p.m.**  
Sept. 29-Dec. 15, 2018, Jan.  
5-Mar. 16, 2019



### Un Centre de la petite enfance et de la famille (CPEF)

est un centre où les parents peuvent passer du temps avec leur(s) enfant(s). On peut y trouver plein de ressources et de programmes qui répondent aux besoins des enfants francophones âgés de 0 à 5 ans dans toutes les dimensions de leur développement. Voici quelques exemples de nos programmes et services: programmes de littératie, programme de nutrition, cours de français, programmes pour les familles exogames, foire de la petite enfance, le mini-centre du CRÉE etc. Vous pouvez aller sur notre site web pour avoir plus de renseignements et/ou si vous avez des questions vous pouvez appeler le **204-885-8000 poste 133** ou par courriel à [romeodallaire@cpefmb.org](mailto:romeodallaire@cpefmb.org).

## St. James Assiniboia 55+ Centre



3 – 203 Duffield St., Winnipeg, MB R3J 0H6  
Phone: 204-987-8850 Email: [info@stjamescentre.com](mailto:info@stjamescentre.com)  
Website: [www.stjamescentre.com](http://www.stjamescentre.com)

**St. James Assiniboia 55+ Centre** is an independently operated non-profit charitable organization with a mission to encourage Seniors to improve their quality of life by providing educational, recreational, health and social opportunities.

### Neighbourhood Immigrant Settlement Worker (NISW)

Support for Newcomers - St. James Assiniboia

**Fatima Labib and Lee Lederer**

Phone: 204-202-4574

Cell: 204-470-9325 or 204-470-9326

[nisw.stjames@familydynamics.ca](mailto:nisw.stjames@familydynamics.ca)

Jameswood Community School  
1 Braintree Cres.



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

### BREASTFEEDING SUPPORT GROUP

A group for anyone breastfeeding and needs support or help. Or just an opportunity to connect with other moms like yourself!

Sturgeon Heights Community Centre  
210 Rita Street Call 204-940-2040

**Thursdays**  
10:00 - 11:30 a.m.

### GREAT EXPECTATIONS (Prenatal to 12 mths)

An opportunity for moms-to-be and parents of children under one year of age to learn more about various health and nutrition areas for the baby, themselves and the whole family.

**Tuesdays 9:30 a.m. - 11:15 a.m.** Sturgeon Heights Community Centre, 210 Rita Street

**Thursdays 1:15 p.m. - 3:15 p.m.** Heritage Victoria Community Club, 950 Sturgeon Road

For more information call Traci 204-885-5415

### Heritage Park Family Resource Centre

Open Monday to Friday offering parent/child programs (prenatal - 5 yrs)

Registration Required

Contact Jackie at 204-895-2519 Email: [frjackie@mts.net](mailto:frjackie@mts.net)

1 Braintree Cres.



### SJAPCC is committed to Truth & Reconciliation



The St. James-Assiniboia Parent Child Coalition acknowledges that the community of St. James-Assiniboia sits on Treaty One land, the traditional territories of the Anishinaabe, Ininiw and Dakota peoples, and the homeland of the Métis Nation. It is also the current home of the Dene and Oji-Cree peoples. We live with respect on this land.

### BRUCE PARK

Bruce Park is a 13-acre (53,000 m<sup>2</sup>) urban park located at 1966 Portage Avenue, in Winnipeg, Manitoba, Canada. The park is bordered to the south by the Assiniboine River, to the east by Douglas Park Road, to the west by Deer Lodge Place, and to the north by Portage Avenue.

Bruce Park is named after Peter Bruce. The Bruce family were Metis farmers that originally settled the land in the 1850s. The land where Peter Bruce lived was donated to the municipality of St. James in 1933 under the condition that it always remains a green space for all to enjoy. There is a plaque, near the Portage Avenue entrance, commemorating their contribution to the area.

Source: Wikipedia

## WINNIPEG PUBLIC LIBRARY PROGRAMS

**Westwood Library - 66 Allard Ave. 204-986-4747**

**St. James Assiniboia Library - 1910 Portage Ave. 204-986-3425**

### Baby Rhyme Time

Ages newborn to 24 months & caregiver.

Rhymes and stories for baby and caregiver, siblings welcome.



### Time for Twos

Ages 24-36 months & caregiver.

Stories, songs and Rhymes, siblings welcome!

### Pre-School Story Time

Ages 3-5 years (an independent learning experience)

Stories, songs and Rhymes

### Family Story Time

Story time for children ages 3-5 years old with parent/caregiver.

Stories, songs and Fun! Parents and siblings welcome!



# December 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
						1	
2	3 Sansome 9:30-11:00 am Family Gym 6:00-7:30 pm	4 Family Gym 9:30 - 11:00 am Sansome 6:00-7:30 pm	5 Deer Lodge 9:30-11:00 am	6 Crestview 9:30-11:00 am Buchanan 1:30-3:00 pm	7 Buchanan 9:30-11:00 am	8	
9	10 Sansome 9:30-11:00 am Family Gym 6:00-7:30 pm	11 Family Gym 9:30 - 11:00 am Sansome 6:00-7:30 pm	12 Deer Lodge 9:30-11:00 am	13 Crestview 9:30-11:00 am Buchanan 1:30-3:00 pm	14 Buchanan 9:30-11:00 am	15	
16	17 Sansome 9:30-11:00 am Family Gym 6:00-7:30 pm	18 Family Holiday Celebration 9:30-11:00 am Westwood Church	19 Deer Lodge 9:30-11:00 am	20 Crestview 9:30-11:00 am Buchanan 1:30-3:00 pm	21 Buchanan 9:30-11:00 am	22	
23	24	25	26	27	28	29	
30	31	Programs Closed					

# January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	1	2	3	4	5	6	
	Programs Closed						
7	8 Sansome 9:30-11:00 am Family Gym 6:00-7:30 pm	9 Family Gym 9:30 - 11:00 am Sansome 6:00-7:30 pm	10 Deer Lodge 9:30-11:00 am	11 Crestview 9:30-11:00 am Buchanan 1:30-3:00 pm Rhythm & Rhyme 6:15-7:00 pm	12 Buchanan 9:30-11:00 am Shake Rattle Roll 9:30-10:30 am	13	
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21	22 Sansome 9:30-11:00 am Family Gym 6:00-7:30 pm Rhythm & Rhyme 1:30-2:15 pm	23 Family Gym 9:30 - 11:00 am Sansome 6:00-7:30 pm	24 Deer Lodge 9:30-11:00 am	25 Crestview 9:30-11:00 am Buchanan 1:30-3:00 pm Rhythm & Rhyme 6:15-7:00 pm	26 Buchanan 9:30-11:00 am Shake Rattle Roll 9:30-10:30 am	27	
28	29 Sansome 9:30-11:00 am Family Gym 6:00-7:30 pm Rhythm & Rhyme 1:30-2:15 pm	30 Family Gym 9:30 - 11:00 am Sansome 6:00-7:30 pm	31 Deer Lodge 9:30-11:00 am Book & Cook Club				



# February 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b> Buchanan 9:30-11:00 am Shake Rattle Roll 9:30-10:30 am	<b>2</b>
<b>3</b> 	<b>4</b> Sansome 9:30-11:00 am Family Gym 6:00-7:30 pm Rhythm & Rhyme 1:30-2:15 pm	<b>5</b> Family Gym 9:30 - 11:00 am Sansome 6:00-7:30 pm	<b>6</b> Deer Lodge 9:30 - 11:00 am	<b>7</b> Crestview 9:30-11:00 am Buchanan 1:30-3:00 pm	<b>8</b> Buchanan 9:30-11:00 am Shake Rattle Roll 9:30-10:30 am	<b>9</b> 
<b>10</b>	<b>11</b> Sansome 9:30-11:00 am Family Gym 6:00-7:30 pm Rhythm & Rhyme 1:30-2:15 pm	<b>12</b> Family Gym 9:30 - 11:00 am Sansome 6:00-7:30 pm	<b>13</b> Deer Lodge 9:30 - 11:00 am	<b>14</b>  Crestview 9:30-11:00 am Buchanan 1:30-3:00 pm	<b>15</b> Buchanan 9:30-11:00 am Shake Rattle Roll 9:30-10:30 am	<b>16</b>
<b>17</b> 	<b>18</b> <b>PROGRAMS CLOSED</b>	<b>19</b> Family Gym 9:30 - 11:00 am Sansome 6:00-7:30 pm	<b>20</b> Deer Lodge 9:30 - 11:00 am 	<b>21</b> Crestview 9:30-11:00 am Buchanan 1:30-3:00 pm	<b>22</b> Buchanan 9:30-11:00 am Shake Rattle Roll 9:30-10:30 am	<b>23</b>
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## FAMILY FOCUS

Bringing families and the community together...

Visit St. James-Assiniboia Parent  
Child Coalition online at

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



Connect with us on Facebook

## EDITORIAL BOARD



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Family Focus Spring Issue will be available March 2019