



Downtown Parents

Since 2002, Communities 4 Families (C4F) has been 1 of 26 parent-child centred coalitions across Manitoba providing resources for Healthy Families and Healthy Communities. Located in Downtown Winnipeg, our boundaries include many different communities.



Celebrating the Holidays!

In December and January, many celebrations bring a lot of excitement to our families. How do you deal with the stress all these holidays can bring? What do you do to keep active with your family even when it gets cold out?

- Dec. 8 Bodhi Day (Rohatsu) - Buddhism
- Dec. 21-28 Hanukkah - Jewish
- Dec. 22 Yule - Wiccan
- Dec. 25 Christmas - Christian
- Dec. 26 Zarathosht Diso - Zoroastrian
- Dec. 26-Jan. 1 Kwanzaa - Interfaith / African-American
- Jan. 1 Gantan-sai (New Year's) – Shinto and Guru Gobindh Singh birthday - Sikh
- Jan. 6 Epiphany - Christian
- Jan. 7 Orthodox Christmas - Orthodox Christian
- Jan. 9-12 Mahayana New Year - Buddhist
- Jan. 15 World Religion Day - Baha'i
- Jan.23 Lunar (Chinese) New Year - Confucian/Daoist/Buddhist



Communities 4 Families
(Downtown Parent-Child Coalition)

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Of Interest to you:

- Ideas to relieve holiday and winter stress
- Keeping warm and moving
- Where to find free activities

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Relieve that Holiday Stress

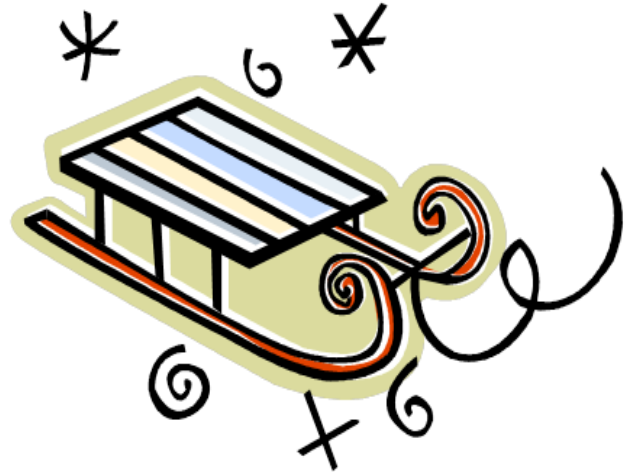


- **Keep expectations realistic.** Talk to your kids about gifts and holiday activities. Be open with them if money is an issue.
- **Plan Ahead:** Sit down with your family in late November to talk about something special you'd each like to do over the holidays.
- **Eat well.** Balance treats with healthy food. Have the whole family plan and prepare a favorite meal together.
- **Sleep well.** Get lots of sleep and make sure your children do too.
- **Take care of yourself.** Do activities that you and your family enjoy and find relaxing. Walk around the block. Let the youngest set the pace!
- **Enjoy the world around you.** Enjoy the falling snowflakes, the twinkly lights — and encourage your kids to do the same.

Be active

Agree not to spend any time sitting inside on beautiful days, even if it's cold. Dress warmly and

- Find a nearby hill for tobogganing
- Fill buckets or summer beach toys with snow to build snow castles
- Help shovel the neighbour's sidewalk
- Walk to the store or the library



- **Create Meaningful Traditions:** Attend a religious service, observe winter solstice with a simple outdoor ceremony, make a gingerbread house, go caroling with the neighbours, take a holiday hike with the kids and bring along some seeds to feed the birds, set aside a night for everyone in the family to read their favourite holiday story. Invite a senior over for tea and conversation. Be sure to include your children!
- **Give gifts of time.** Give a Gift Coupon for something you're willing to do, such as free babysitting once a month for your sister, a special dinner for a friend, breakfast in bed or a chore-free Saturday for your partner, a "stay up late" or "dinner of my choice" coupon for the kids.
- **Host a pot luck supper—** Good relationships with family and friends are important. Use the holidays as a time to reconnect with people. Invite some new neighbours to make new connections.
- **Make or Bake Something:** People love homemade gifts.
- **Do Something Nice:** Shovel the walk for an elderly neighbour, invite someone who lives alone to your holiday feast, take gifts to the hospital, volunteer for Winnipeg Harvest, donate to a charity, shop for someone who can't get out. As a family, visit a nursing home, help at school or community events.
- **Control the Chaos:** Take turns opening gifts so that each gift can be admired and each giver thanked.
- **Delegate!** Make a holiday to-do list and assign tasks to family members to prevent mom and dad from holiday burn-out. Organize a family clean up and have your family cooperate to "spruce up" for the holidays.

Tips from: <http://www.newsforparents.org/>
<http://www.todaysparent.com/>
<http://www.apa.org/helpcenter/>
<http://www.parentscanada.com/family-life/finance/17-tips-for-a-less-stressful-holiday-season.aspx>



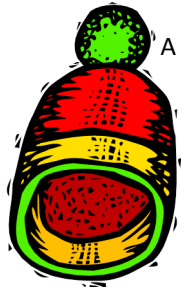


Dress Warm!

Remember to dress warmly! Winter's the most fun when you stay warm.



A nice warm jacket



A hat to cover your ears.



Warm mittens



And boots



A cozy scarf

Some places to find warm affordable clothes:

- Spence St. Thrift Shop
- Magnus Eliason Recreation Centre
- West Central Women's Resource Centre
- Salvation Army on Sherbrook
- MCC Thrift store on Sargent Ave.
- Wolseley Wardrobe
- Talk to your school or day care about Koats for Kids
- School family rooms often have clothes to give away

What else to do?



Visit the library:

Cornish—20 West Gate
986-4679

Millennium - 251 Donald St.
986-6450

West End - 999 Sargent Ave.
986-4677

Enjoy many beautiful kinds of music.

Encourage children to make their own music and dances with bells, drums and shakers.



Do some art:

- Make a bird feeder out of a toilet paper roll and peanut butter and seeds.
- Go to Art City (616 Broadway)
- For Teens—Studio 393 (2nd floor of Portage Place) All workshops are free for teens ages 13 and older (Wed–Fri 4-8 pm, Sat 1-5 pm)

Take the family skating :

- Central Park
400 Cumberland
- Magnus Eliason Rec. Centre
430 Langside
- Burton Cummings CC
960 Arlington
- Central CC
200 Isabel
- Robert A. Steen CC
980 Palmerston
- Valour CC
715 Telfer St. N
1315 Strathcona
448 Burnell



Go sledding at:

- Westview Park (7am-10pm)
1 Midland Street
- Central Park (south end of park)
400 Cumberland
- Waterfront Drive
at George St.

Go swimming for free (Jan 3-Mar 11):

- Cindy Klassen Recreation Complex, 999 Sargent Ave.
Sat 5–6:30 pm
Sat 7–9:45 pm Youth Swim
- Sherbrook Indoor Pool
381 Sherbrook St.
Sun 3:30–5 pm
Fri 3:30–5 pm
Fri 7–9 pm Youth Swim
Sat 3:30–5 pm



Children's Free Play Drop Ins

Drop In for 6 to 12 year olds in the New Year.
Join in for arts, crafts, games, sports & more!

Broadway Neighbourhood Centre

185 Young St.
Mon-Fri 4-8, Sat/Sun 10-2
beginning Jan 9

Burton Cummings CC

960 Arlington St.
Mon-Fri 4-8
Beginning Jan 9

John M. King School

525 Agnes St.
Tues-Fri 3:15-6:15
Sat/Sun 12:30-3:30
beginning Jan 10

Knox United Centre

400 Edmonton St.
Tues/Thurs/Fri 4-8pm
beginning Jan 10

Magnus Eliason Rec. Ctr.

430 Langside St.
Mon-Fri 3:30-6
Sat/Sun 10-6

Pinkham School

765 Pacific
Thurs 3:30-5:30
Beginning Jan 12

Sister MacNamara School

460 Sargent Ave.
Sat/Sun 12:30-3:30
beginning Jan 14

Valour CC- Orioles Site

444 Burnell St.
Wed/Thurs 6-9
beginning Jan 11



Family Literacy Day

At the Millennium Library on January 21, 2012 from 2-4pm

Watch for more information on this exciting event!

C4F Recipe Corner



Mini Pizzas (Makes 1 serving)

- 1 whole wheat English muffin
- ¼ cup Homestyle Tomato Sauce with Herbs
- ½ green onion, finely chopped
- ¼ green pepper, finely chopped
- 2 mushrooms, sliced
- ¼ cup mozzarella cheese, shredded
- dried basil and oregano to taste
- salt and pepper to taste

Preheat the oven to 350°F (180°C). Place the English muffin halves on a baking sheet.

Spread tomato sauce on each half of the muffin. Sprinkle with basil, oregano, salt and pepper to taste. Put the green onion, green pepper and mushrooms on top of each muffin half. Sprinkle with cheese. Bake until hot and bubbly, about 10-15 minutes.

- Try other toppings such as ham, pineapple, tomato slices, olives, broccoli or onions.

From the Winnipeg Regional Health Authority's *Four Weeks of Healthy Menus* http://www.wrha.mb.ca/healthinfo/prohealth/nutrition/files/Nutrition_HealthyMenu.pdf

Homestyle Tomato Sauce with Herbs

Makes 2 servings (1 serving = ½ cup or 125 ml)

- 1½ tsp canola oil
- ¼ onion, chopped
- 1 clove garlic, minced
- ¾ cup canned tomatoes
- 1½ tbsp. tomato paste
- ½ tsp white sugar
- ¼ tsp salt
- ¼ tsp dried basil
- ¼ tsp dried thyme
- ¼ tsp dried oregano
- ¼ tsp ground pepper

Turn on the element to medium heat. Heat the oil in a saucepan. Add the chopped onion and cook until soft and clear, about 5-7 minutes. Add the garlic and cook for 1 minute. Stir in tomatoes, tomato paste, sugar, salt, basil, thyme, oregano and pepper. Heat to boiling. Turn down the heat to low, cover and simmer for 40 minutes. Stir several times while simmering.

This sauce can be made ahead of time and stored in the refrigerator or frozen for use in recipes that call for tomato sauce.

- Or use ¾ tsp Italian seasoning instead of ¼ tsp each of basil, thyme and oregano.

From the Winnipeg Regional Health Authority's *Four Weeks of Healthy Menus* http://www.wrha.mb.ca/healthinfo/prohealth/nutrition/files/Nutrition_HealthyMenu.pdf