



H.O.P.E News May 2009

Keeping Kids Active



1. Encourage outdoor games

Classic games like Tag, Follow the Leader, the Hokey Pokey, and Hide and Seek will keep little ones on the go. Most young children are active learners, so games like Hopscotch and Four Square will help them learn their numbers while also keeping them physically fit.

2. Explore the world around you

Dig in the dirt. Chase after shadows. Throw sticks in a puddle. Plant a garden. The world is your playground.

3. Make TV time active time

Kids don't need to slump on the couch as they watch favorite programs. Encourage them to sing, march and dance along as they watch characters like Barney, or the Boohbahs.

4. Provide healthy snacks.

Active kids need the right fuel for their growing bodies. You'll find kid-friendly recipes for nutritious snacks like Ants on a Log and Grapecicles that you can make together

5. Do chores together

Dust. Sweep. Wipe off the table. Give dolls and trucks a bath. Not only will you stay active, you'll make your child feel like a grown-up, responsible member of the family.

6. Set a good example

When you exercise regularly and eat healthy foods, you set an example that will shape your child's habits for life.

Did you know?

Getting your child more active will help them achieve top marks. That's right! Children who participate in physical activity each day show improved memory, concentration, communication, problem-solving and leadership abilities

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HOPE News provided by...



Quick Recipe: Banana Smunchies

You will need:

- 1 ripe banana
- 1/3 cup of peanut butter
- graham crackers
- spoon
- small mixing bowl
- plastic wrap

What to do:

1. Use a spoon to mash the banana with the peanut butter in a small mixing bowl.
2. Put a spoonful of the banana and peanut butter mixture onto half a graham cracker.
3. Cover with another graham cracker half so it looks like a sandwich.
4. Wrap your smunchies in plastic wrap and put them in the freezer for 3 hours.



NETWORK 4 CHANGE.....

Stability, Hope, Strength, & Wellness



17-31 First St. S.
268-2506

www.network4change.ca

Drop By for Coffee, chat and to
Meet our New Staff

Deb Robinson
Christal Pruden
Dana Sachvie
Terra Kohle



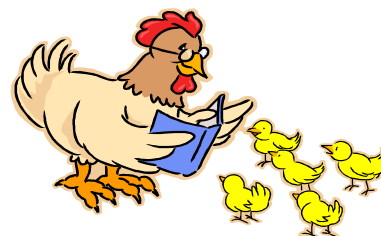
WHAT'S HAPPENING THIS MONTH

- Laugh n Learn
Mondays 10:00-11:30
Network 4 Change
- Play Pals
Tuesdays 9:45-11:45
SunGro Centre
- Time to Play
May 3,17,31 1-3pm
Beausejour Early Years School

Laugh 'n' Learn

- ★ Make physical activity a family affair by adding exercise to the daily routine. Instead of driving kids to school, map out a route you and your child can ride bicycles or walk to school.
- ★ Instead of watching television after dinner, take your kids to the park and throw or kick a ball. Invite your children's friends to come along and make a game of it!
- ★ Choose activities that are fun for the whole family, such as outdoor hikes, nature walks, or bike rides. These activities will not only help kids get active, but are a great way for families to spend time together.

Mondays
10:00 - 11:30
Network 4 Change



A Time to Play - Play Group/Family Support for Families with Children of Special Needs



Network 4 Change is excited to launch a new program for families with children of special needs.

A Time to Play will provide the time and space for children to have fun in a developmentally appropriate, stimulating, fun, engaging and safe space. Family members and care-providers will be given an opportunity to connect with and support one another while their children have some time to play.

- ★ **May 3, 2009**
- ★ **May 17, 2009**
- ★ **May 31, 2009**

1-3 pm (Beausejour Early Years School)

*Feel free to contact us regarding questions, concerns, suggestions

PROGRAM PARTNERS

Network 4 Change
Brokenhead River Community Foundation
Beausejour Early Years School
Bright Beginnings
Eastman Family Services and Housing
Association for Community Living

NORTH EASTMAN HEALTH ASSOCIATION (NEHA)

Healthy Baby

Are you pregnant or have a baby under one year?

Healthy Baby is offered at the Beausejour Health Center every second Tuesday from 10 a.m.-12 noon

Public Health Nurse

Lisa Hrynyk, RN,BN

Email: lhrynyk@neha.mb.ca

268-7468



PRESCHOOL PLAY PALS

Game: Loose Caboose

Select a player to be the Loose Caboose. Divide the rest of the group into trains of three. Each player is in a train car and holds the waist of the person in front. The first player in a train is the engine. The object is for the loose caboose to try to attach to a train. When all are aboard, the trains chug around the train yard (sound effects should be encouraged) Trying to dodge and turn to keep away from the Caboose. When the Caboose attaches to a train, the engine of that train becomes the new loose caboose.



Tuesdays
10:00-11:30
SunGro Centre

Join us for...

Snacks

Stories

Crafts

Great Conversation

*The elephant goes like this and that,
This and that, this and that
(walk heavily and stamp your feet)*

*The elephant goes like this and that
Cause he's so big and he's so fat.
(puff up cheeks and stretch out arms)*

*He has no fingers and he has no toes
(wiggle fingers, wiggle toes)*

*Has no fingers and has no toes
He has no fingers and he has no toes
(wiggle fingers, wiggle toes)*

*But goodness, gracious, what a nose!
(pull hands out from face to make a trunk)*


Invest in Kids

Age Range: 19 months to 5 years

Action songs are a great way to have fun and get toddlers and preschoolers moving around. If you don't know the tune to this action song ...just make up your own...the children won't notice. They will be busy having fun, as they enjoy Comfort, Play & Teach™ time with you!





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
				1 N4C	2/3 Time to Play 1-3 pm BEYS (Sunday the 3rd)
4 Laugh n Learn 10:00-11:30 N4C	5 Preschool Play Pals 10:00-11:45 SunGro Center	6	7	8 Nobody's Perfect 10:00-11:30 N4C	9/10
11 Laugh n Learn 10:00-11:30 N4C	12 Preschool Play Pals 10:00-11:45 SunGro Center Healthy Baby BSJ Health Center 10-12	13 	14	15 Nobody's Perfect 10:00-11:30 N4C	16/17 Time to Play 1-3 pm BEYS (Sunday the 17th)
18 Laugh n Learn 10:00-11:00 N4C	19 Preschool Play Pals 10:00-11:45 SunGro Center	20	21 Wiggle, Giggle & Munch 10:30-11:30 Sunova Room @ the SunGro Centre	22 Nobody's Perfect 10:00-11:30 N4C	23/24
25 Laugh n Learn 10:00-11:30 N4C	26 Preschool Play Pals 10:00-11:45 SunGro Center Healthy Baby BSJ Health Center 10-12	27	28 Wiggle, Giggle & Munch 10:30-11:30 Sunova Room @ the SunGro Centre	29 Nobody's Perfect 10:00-11:30 N4C	30/31 Time to Play 1-3 pm BEYS (Sunday the 31st)