



H.O.P.E News February 2010

A Newsletter for Parents of Early Years Children

SHARING YOUR HEART ON VALENTINE'S DAY

Valentine's Day may best be known as a day of romance, but it's also the perfect opportunity to spend time with your kids and show them your love. Fun crafts, an exploration into history, or simply enjoying a meal that was created with input and assistance of your family can be an excellent way to share your heart with your children this Valentine's Day.

Setting your dinner table with [festive homemade placemats](#) made of pink or red construction paper is the perfect way for kids to help decorate for the holiday. Better yet, this project is enjoyable for both toddlers *and* elementary school kids. Let them decorate the paper anyway they choose—washable paints are great for little ones. They'll love dipping heart-shaped cookie cutters into the paint to create special patterns on the paper. Other easy ways to decorate placemats are with Valentine-themed stickers, designs kids create with drizzled glue and sparkly glitter, or even their own beautiful crayon drawings.

Kids can create easy, inexpensive gift bags out of plastic sandwich bags (be careful using bags around infants and toddlers) and fill them either with homemade chocolate or store-bought favourites like candy hearts with fun messages. Tie the bags with brightly coloured ribbons and your kids have excellent little gifts to place on their sweethearts' plates (Mommy's and Daddy's, to be sure!).

Viewing classics such as *Lady and the Tramp*, *Beauty and the Beast*, and *The Little Mermaid*. Or if your children are in the toddler set, cartoons such as *Be My Valentine Charlie Brown*, *Clifford*, *Be My Big Red Valentine*, or *Barney*, *Be My Valentine* may provide your little ones with a wealth of Valentine enjoyment.



DID YOU KNOW

The pleasant feeling of eating chocolate is caused by a chemical called anandamide, a neurotransmitter which also is produced naturally in the brain

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HOPE News provided by...



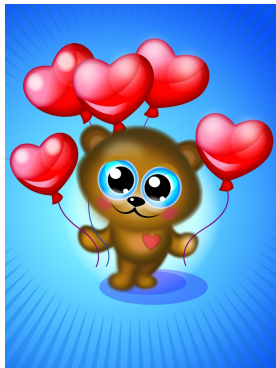


FAMILY FUN RECIPE

MAKE IT!

WHAT YOU NEED!

2 cups butter (no substitutes), softened.
2 cups sugar.
3 eggs
1 T. vanilla extract
6 cups flour
2 tsp. baking powder
Optional: red tinted sugar or sprinkles.



Valentine Butter Cookies

Preheat oven to 350

Cream together the butter and sugar in a mixing bowl. Then add the eggs and vanilla, mixing well. Combine the flour and baking powder and gradually add this to the egg mixture; mix well. Use a heart-shape cookie press to shape these cookies. Place them on an ungreased cookie sheet. If desired, you may decorate these with the sugar or sprinkles. Bake for 10-12 minutes or until the edges are light brown.

This recipes yields about 18-19 dozen 1-inch cookies.

Be creative: Use different cookie press moulds for a variety of cookie shapes.

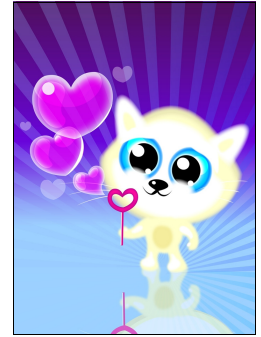
COOKING WITH KIDS TIP:

Remember that seemingly innocent utensils like plastic knives and toothpicks can become dangerous weapons in the hands of an unwary child. Always supervise closely and offer help when its necessary to insure safety.



KIDS KRAFTING KORNER

Kids Valentine Hat



What you'll need:

- Red craft foam
- Red chenille stems
- Wire cutters
- Pen
- Scissors
- Hot glue gun
- White poster board
- Ruler

Stapler, tape, or glue (to fasten hat together)



How to make it:

1. Cut out 2 hearts (1 1/2" tall x 1 3/4" wide) out of red craft foam.
2. Cut out 2 hearts (1" tall x 1" wide) out of red craft foam.
3. Cut a strip of poster board to fit around a child's head and about 2" wide.
4. Determine where the sides of a child's head is by trying the band on. Mark with pen.
5. Cut red chenille stems in half using the wire cutters.
6. Glue the stems on the outside of the poster board where marked.
7. Glue a small heart over each of the chenille stems that are attached to the poster board. (See photo)
8. Glue a large red heart at the other end of the chenille stem.
9. Let the children decorate using lace, stickers, markers, and crayons.

Tape, glue, or staple the hat to fit the child. (Paper clips also work)

Tips:

You can use a cookie cutter to obtain a heart shape. You can use tacky glue, but it will need to set up overnight before wearing.

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

KINDERGYM—Parent Volunteers

Gross Motor Development: 19 to 24 Months

Gross Motor Development allows a child to gain balance and bring large muscles under control in order to master physical activities such as sitting, crawling, walking, running, climbing, jumping and generally enjoy all that his body allows him to do.

Typical Skills

- ✓ Rides on small wheeled toys
- ✓ Carries large toy while walking
- ✓ Kicks a Ball
- ✓ Squats while playing
- ✓ Walks backwards or sideways pulling a toy
- ✓ Backs into a chair to sit down

Emerging Skills

- ✓ Walks on tip toes
- ✓ Throws and retrieves objects
- ✓ Jumps in place with both feet
- ✓ Catches a large



Wednesday Nights
6:00-6:30 p.m.
SunGro Centre

Contact Michelle @
268-2680
For More Information

All children vary in their rate of development in each area, so this information is meant only as a general guide.

<http://www.investinkids.ca/parents/ages-and-stages>

Beausejour Ringers Ringette Club

Get Ready to Rock in Garson - Ringette Style!

The Beausejour Ringers Ringette Club is hosting the Eastman Ringette League Playoffs at the Garson Arena on Louis Riel Weekend - February 13 - 15. You and your family are welcome to join us and cheer on our Ringette youth as they attempt to win a regional banner and gain a shot at the Provincial title! See what Ringette has to offer! Ringette Rocks!



NETWORK 4 CHANGE.....

Stability, Hope, Strength, & Wellness

Laugh n Learn
Mondays 10:00-11:30
N4C Community Resource Centre



Pre-School Play Pals
Tuesdays 10-11:30a.m.

FOR FEBRUARY
Play Pals will be at N4C
Community Resource Centre

Time 2 Play
To Be Announced
BEYS

17-31 First St. S.

268-2506

www.network4change.ca



BROKENHEAD RIVER REC COMMISSION

FREE PUBLIC SKATING TIMES
(Garson Arena)

Saturdays - 5:15 - 6:15

Sundays - 4:15 - 5:30

Wednesdays - 3:45 - 4:45



UP FOR A CHALLENGE!

Try something new each month this winter ...

There's a world of adventure just waiting for you to explore!

Tobogganing, sledding, skiing, snow shoeing, ice skating, walking trails ...

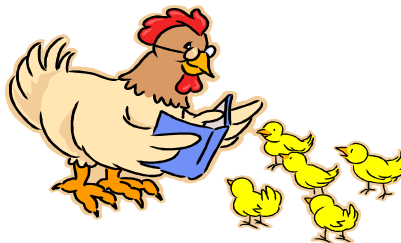
the options are endless.

BROKENHEAD RIVER REGIONAL LIBRARY

Mother Goose
Family Literacy Program

Thursday's at 10:30

Come Enjoy
Reading, Rhyming and Relaxing
in the company of other Families

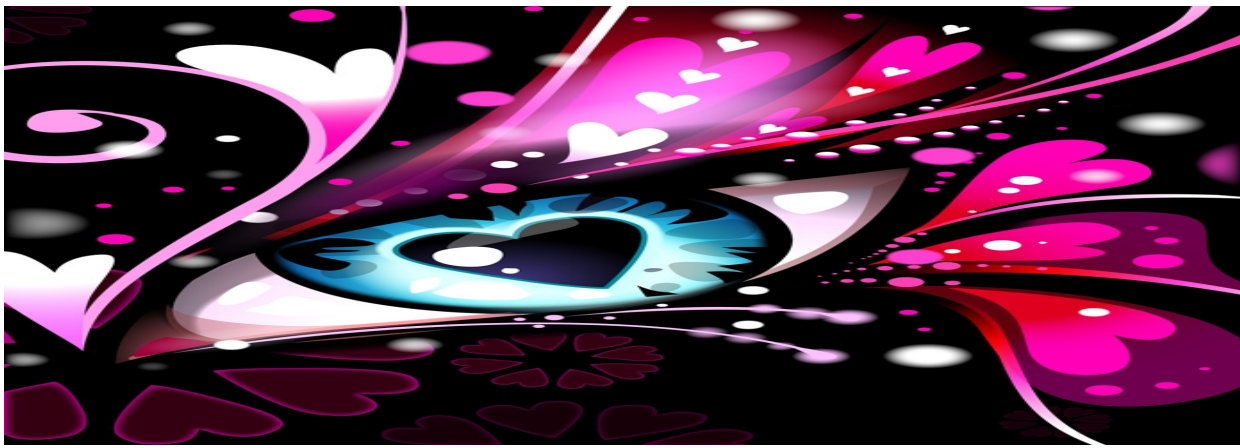


**DOES YOUR CHILD HAVE
THEIR VERY OWN LIBRARY-
CARD YET?**

Story Time Program

Wednesday's at 1:30

Join Darlene and Terra with your toddler or pre-school child for some Story Time fun.



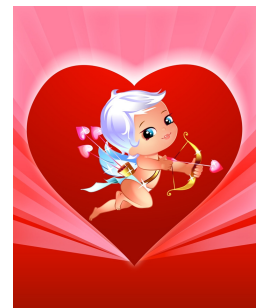
VALENTINES DAY TRADITIONS AND CUSTOMS

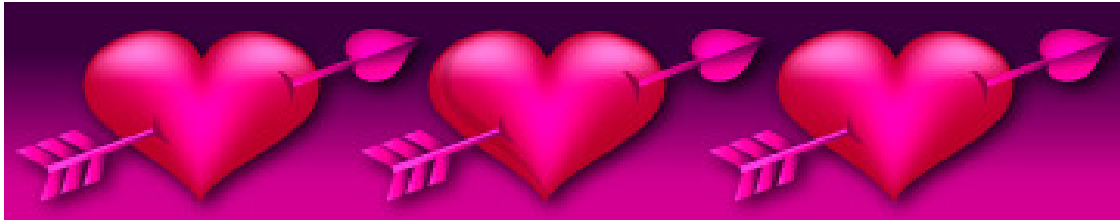
Romantic festival of St Valentine's Day is celebrated with enthusiasm and fond regard in several countries [around the world](#). Most commonly observed Valentine's Day tradition and custom is expressing one's love with an exchange of cards, flowers and gifts. Pampering one's beloved and making a romantic proposal to one's sweetheart is the other popular tradition of the festival that celebrates love.

There are several other Valentine's Day customs and traditions associated with festival but these vary in different countries because of the social and cultural differences. What remains the same everywhere though is celebration of love by lovers.

In the beginning, Valentine's Day was associated with romantic couples only but in recent times the festival is seen in much larger perspective. Now, people take opportunity of the day to wish 'Happy Valentine's Day' to anyone they love be it father, mother, teachers, siblings, friends, co-workers or just anyone special to them. The idea behind this tradition is to celebrate love, get love and give love to everyone around us.

In several countries including [United States](#) and [Canada](#) there is a tradition to organize Valentine's Day classroom parties in schools. In such parties children exchange chocolates and Valentine's Day cards with their friends. [British](#) children sing special Valentine's Day song and receive candies and chocolates as reward. Senior school children usually organize Valentine's Day dance parties and have fun with friends.





What are some Valentine's traditions I can start with my family?

The earlier you start traditions, the more likely they will continue to be practiced and cherished. For young ones, you might want to try putting red food coloring in their milk, make heart-shaped pancakes with red heart smiley faces or stick valentines and chocolate kisses in their lunch boxes. Do something uniquely meaningful for each of your children, to show them that they are each your special valentine. (And as they grow older, the specific "something" may change, but the tradition will remain.) Perhaps dinner can consist of everyone's favourite food—which might mean that you end up with several dessert items on the table!



You can also spread the tradition of love to include other people, or things. Teach random acts of kindness, and encourage your kids to find three ways that they can be loving and caring on February 14. Or do family acts of kindness. For instance, take cookies to a nursing home, bring food to the local animal shelter, send homemade cards to kids in the hospital or make a contribution to your favourite charity.

FOR THE SINGLE PARENTS

Love yourself. Too often moms pay so much attention to their kids' needs, that they put their own needs at the bottom of the list. Find some way to splurge, pamper and indulge yourself. What have you been wanting to do that you have shoved aside? What would make your heart sing?

It may be buying, eating or doing something that you never make the time for during the year. Get a massage, manicure, pedicure, facial; put highlights in your hair or get a new hairdo; treat yourself to fresh flowers or that cute pair of shoes; soak in a hot bubble bath and drink champagne; sign up for an activity of interest such as yoga, pottery, photography; walk on the beach, make a snow angel, swing on the swings. Meet a friend for lunch, or call someone you haven't heard from in a long time. When you treat yourself as special, it's great for you ... and an important model for your kids.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
 					
1 Laugh n Learn 10-11:30 (N4C)	2 Play Pals 10-11:30 ((N4C) Healthy Baby 10-12 (BJ PHC)	3 KinderGym 6-6:30pm (BEYS)	4	5 Public Skating— Sungro 2:30-3:45 6-7:15 pm	6/7
8 Laugh n Learn 10-11:30 (N4C)	9 Play Pals 10-11:30 (N4C))	10 KinderGym 6-6:30 (BEYS)	11	12 Public Skating— Sungro 6-7:15 pm	13/14 
15 Louis Riel Day Winter Fest Sungro	16 Play Pals 10-11:30 (N4C) Healthy Baby 10-12 (BJ PHC)	17 KinderGym 6-6:30 (BEYS)	18	19 Public Skating— Sungro 6-7:15 pm	20/21
22 Laugh n Learn 10-11:30 (N4C)	23 Play Pals 10-11:30 (N4C)	24 KinderGym 6-6:30 (BEYS)	25	26 Public Skating— Sungro 6-7:15 pm	27/28 Public Skating— Sungro 28th 7:15-8:30
