

VOICES FROM ZERO TO 5

Seven Oaks Parent & Child Programming

March 2014

Volume 2, Issue 2

Spaghetti Toes and Preschool J.Molyneux



Being the boss of your body.

On this particular day, in this particular parent/child program, I was

delighted to see a Speech Pathologist and a Social Worker, down on the floor with the wee folk and their families. They were introducing the big ideas of social emotional wellness and self regulation through story, song and play. "Tell your toes to wiggle. Did your toes listen to you? Teach your toes to feel warm and soft, relaxed like spaghetti." Inspired by programs such as The MIndUP Curriculum from the Hawn Foundation, our friends of the family centers have created a script for parents and children to practice the journey of a life enjoyed in the present moment. When you are worried, remember this, "You can talk to your body, teach your body to feel, warm, soft and relaxed. I will try this as I exit into another cold winter day.

Culture Connection



We are excited to announce our newest venture, a series of

sessions whereby children Birth to 5 and their families will journey into a world of drumming, dancing and story telling .We aim to bring families together in

the celebration of our cultural identities. The first of the series will feature First Nation and East Indian tradition.

Exciting!

In this issue:

Spaghetti Toes 1

Culture Connection 1

Where to find us. 2

Mini Olympics 2

Special points of interest:

- Did you know that there are free parent/child programs in 14 Seven Oaks Schools?
- Did you know that the family centres have many friends, such as speech pathologists and social workers happy to meet you and answer parenting questions?



Seven Oaks Parent/Preschool Programs

We welcome children Birth to 5 and their care givers. Come play with us!

It may be freezing cold outside, but it's warm in the family centres. We welcome you!



We follow the pillars of Healthy Child Manitoba Parent/Child Coalitions:

Physical Health & nutrition

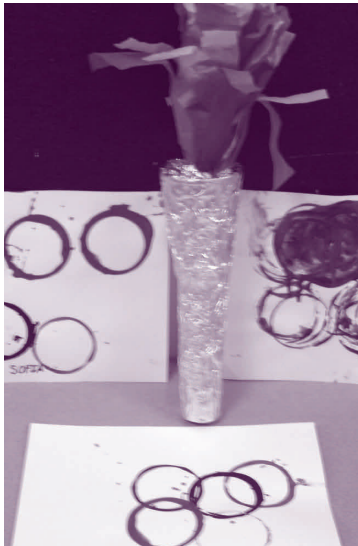
Literacy & Learning

Positive Parenting

Building Community Capacity

@FamilyCentres

Celebrating the spirit of the Olympics....preschool style



Passing the torch.

A glimpse into one parent/child program

Recently, the Riverbend Readers parent/child preschool program enjoyed the spirit of the Olympics with their first mini Olympic Celebration.

Inspired by the Olympic flag, the children dipped plastic cups into paint to create circles featuring the colors of the Olympic rings.

At snack time, even the crackers had the maple leaf on them!

In the gym, parents/caregivers

guided the children through a number of stations such as throwing, catching, kicking and balancing. An obstacle course was set up whereby the children inched under foam blocks balanced on cones, jumped over increasingly higher hurdles, crawled through a tunnel and jumped into a path of hula hoops. In closing, the children passed the "torch" from friend to friend.