

TOGETHER Time

Parenting Tips For Early Childhood

Volume 3, Issue 1 January 2023

Happy New Year!!

A new year is always a great time for self-reflection and goal setting. There's always something about starting the new year with a clean slate. Allow me to introduce myself as I am also new to the Healthy Child Coalition South East. My name is Jennifer Waite and I have been working as the Healthy Child Coordinator since November 2022. Andrea has left me some big shoes to fill but I am very grateful that she has left me in a position where I can basically pick up where she left off.

With that being said, there are some grant funds that are available. We would like to get applications out the first week of January 2023 and have them returned no later than January 20, 2023. These parent/child programs must be completed no later than March 31, 2023. Email jwaite@southernhealth.ca for more information.

Training/Workshop Opportunities

Healthy Child Coalition South East and Healthy Child Coalition Central is teaming up with Towards flourishing [The Towards Flourishing Project | Healthy Child Manitoba \(gov.mb.ca\)](https://www.gov.mb.ca/health/child/healthychildmanitoba/) and hosting a training session in March 2023. The 1 full day session will be held at the Kingswood Golf Course on March 3, 2023 with a follow-up half day session on either March 10 or March 17. Space is limited to 10 participants. Email jwaite@southernhealth.ca for more details.

Program Ideas

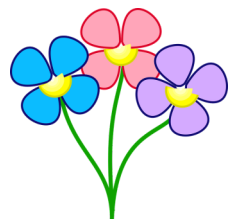
Do you have a program idea? Does it fit into the grant funding criteria? I'd love to hear it. We are always open to ideas for new ideas to help your community thrive.

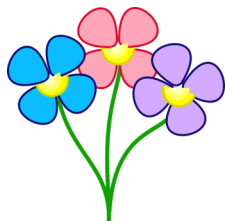
Nutrition and Physical Health

According to the Canadian Society for Exercise and Physiology (CSEP), it is recommended that toddlers (1-2 years of age) and Pre-schoolers (3-4 years of age) get at least 180 minutes or more of physical movement within a 24-hour period. It is encouraged that 60 minutes of that be energetic play for preschoolers. Sport Manitoba has outlined 12 fundamental movement skills to encourage healthy children. They include: balance, catching, dodging, galloping, hopping, jumping, kicking, leaping, running, skipping, striking, and throwing. For more information go to [Fit Kids Healthy Kids: Safe at Home | Sport Manitoba](https://www.sportmanitoba.ca/fitkids/) where you can find information on these skills as well as fun games you can incorporate to playing with your children.

Source: [Early Years 0-4 Years – 24-Hour Movement Guidelines \(csepguidelines.ca\)](https://www.csep.org/guidelines/)

[Fit Kids Healthy Kids: Safe at Home | Sport Manitoba](https://www.sportmanitoba.ca/fitkids/)





It's cold and flu season! This recipe from **Favourite Family Foods Recipes from the Healthy Baby Program** is sure to make you feel better. First make the broth and then the soup!

Chicken Broth

| Ingredients | 8 Cups | 16 Cups | 24 Cups |
|--|-----------------|---------------|-----------------|
| Carcass from a 3 lb roasted chicken OR Fresh chicken wings, necks and/or backs | 1 2 ½ lb | 2 5 lb | 3 7 ½ lb |
| Water | 10 cups | 20 cups | 30 cups |
| Bay leaf | 1 | 2 | 3 |
| Celery stalk, including leaves | 1 | 2 | 3 |
| Small onion, chopped | 1 | 2 | 3 |

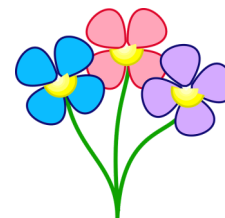
Tip: Freeze chicken stock in ice cube trays or small containers so you can use just the amount you need.

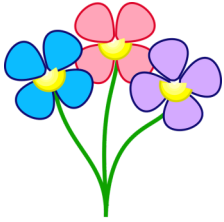
Chicken Noodle Soup

| Ingredients | 8 Servings | 16 Servings | 24 Servings |
|------------------------------|------------|-------------|----------------|
| Reduced sodium chicken stock | 8 cups | 16 cups | 24 cups |
| Pasta | ½ cup | 1 cup | 1 ½ cups |
| Carrot, chopped | 1 | 2 | 3 |
| Green onion | 1 | 2 | 3 |
| Frozen mixed vegetables | 1 cup | 2 cups | 3 cups |
| Basil | 1 tsp | 2 tsp | 1 Tbsp (3 tsp) |
| Thyme | 1 tsp | 2 tsp | 1 Tbsp (3 tsp) |

Tip: Add shredded chicken as desired.

Source: [Guidelines, Handbooks, Cookbooks and Resources « CNM \(childnutritioncouncil.com\)](http://childnutritioncouncil.com)

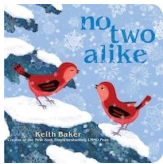




Learning and Literacy

Reading is always a great way to bond with your child. Reading also encourages language and vocabulary development. We still have quite a bit more winter weather ahead of us so on those cold winter days why not cozy up with some books! Or read some books about the winter and then go outside and play in the snow and pretend that you are the character in the book! Or use your imagination and make your own story!

Here are some winter story recommendations from www.bookmates.ca



No Two Alike By: Keith Baker
Sweeney



When the Snow Falls By: Linda Booth



Little Snowflake By: Igloo Books



Ten Sparkly Snowflakes By: Tiger Tales and
Sean Julian

Brought to you by:

