



# WOLSELEY FAMILY PLACE

Crossways in Common

202-222 Furby Street, Winnipeg MB R3C 2A7

Phone: 204-560-3141

Email: [admin@wfpwpg.ca](mailto:admin@wfpwpg.ca)

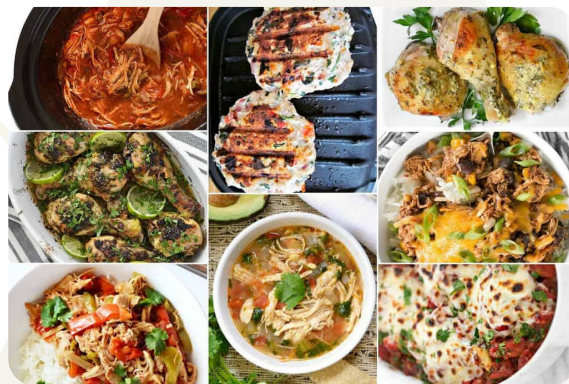
[www.wolseleyfamilyplace.com](http://www.wolseleyfamilyplace.com)

## May 2021

### Hello from Food Connections

#### 10 Tips for Planning Meals on a Budget

1. **Make a menu.** Decide which recipes you will make for lunch and dinner and make a list of the items that you will need from the grocery store. When you have a plan, you will be less likely to spend money on fast food or convenience meals.
2. **Plan your meals around foods that are on sale.** Check store flyers, newspaper inserts and coupon sites online. You may be surprised at the good buys available. Just be sure to buy and plan for foods that you will actually use so that they don't go to waste.
3. **Plan at least one meatless meal a week.** Legumes (beans, lentils, and dried peas), eggs, tofu, peanut butter and canned fish offer great tasting protein at a good price.
4. **Check your pantry, refrigerator and freezer.** Look at the expiry dates of the foods and ingredients you already have on hand. Which ones do you need to use up? Look for recipes that use those foods and ingredients.
5. **Enjoy grains more often.** Grains such as rice, pasta, barley and couscous are inexpensive and can be used in many different recipes. Try them in soups, stews and salads.
6. Avoid recipes that need **a special ingredient.** Some recipes call for a special ingredient that you may not have. How much does that ingredient cost? Does it come in a small or big package? Can you use it in other recipes before it goes bad? It may not be worth the money to buy an ingredient if you are only going to use it once. Leave the ingredient out or try the recipe with an ingredient that you already have at home. It's fun to experiment while cooking and you may surprise yourself with the finished dish.
7. **Look for seasonal recipes.** Vegetables and fruit are cheaper when they're in season.
8. **Plan to use leftovers.** Think about how you can use leftovers. If you're cooking roast chicken with rice and vegetables for Sunday night's supper, then make chicken sandwiches for Monday's lunch. On Tuesday, use the bones to make a chicken soup and toss in any leftover vegetables and rice.
9. **Make extras.** Don't let a big bunch of carrots or celery go to waste. Use it all up by making an extra big pot of soup. If ground beef is on sale, make two batches of lasagna instead of one. Serve one batch for dinner, and freeze the other batch in meal-sized portions for another time.
10. **Know what your family likes to eat.** Encourage your family to share their favorites and help with menu planning. That way you can look for favorite ingredients and foods when they go on sale.



## Play in the Playroom

As the temperature increases so has the number of visitors to the Playroom. This is great news, as the staff have been missing our friends. Yet as our numbers have increased, it has become necessary to return to the system of cohorts. Families will now need to belong to one-of-two possible cohorts. This means that your visits are limited to either the morning or afternoon sessions. Appointments are still strongly encouraged and of course masks are mandatory for adults or for anyone over 5. This past year has been difficult for many and we are ever so grateful that the Playroom continues to be a safe place where families can come to visit.

For more information, please call Nadine at 204-560-3148.



**The playroom fish were having a meeting**

A skill that we have been practicing in the Playroom lately is the ability to take turns. Turn-taking can be difficult for children and is a skill that needs to be practiced regularly. We encourage children to ask for their turn and to wait until the other child is finished with their play. Staff help children verbalize their need by saying such things as "May I have a turn with the truck?" or "I'm still playing with this ball. You can have it when I'm done." By allowing children the opportunity to say "No, not yet", their play is being recognized as important and valuable. Of course, this can result in big feelings as the other child may feel frustrated, angry, or sad with having to wait. Staff are prepared though to comfort the child and to help them work through those emotions. By encouraging turn-taking children are learning patience, empathy, and generosity.



## Connecting Families eHome Program

We had the pleasure of giving our first participant their modem and a tablet this month!

Access to internet and having a reliable device to connect with programs and service providers is vital during these times. If you need help getting connect please call Lindiwe for more information 204-560-3141 or email [csw@wfpwpg.ca](mailto:csw@wfpwpg.ca)

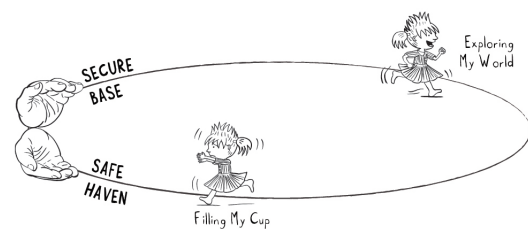
## The Circle of Security Program (COSP) is a relationship-based class for caregivers with child(ren) from 4 months to 6 years.

In the 8 session COSP, we watch videos of parent-child interactions using the Circle Map. Then we ask caregivers things like, "What did you see? What did the child do? What does the child need? How did the parent respond?"

Between sessions, parents are asked to notice their interactions with their own kids and share these stories with the group. We also reflect on our own experiences being parented, noting that often our "shark music" is triggered when our children have emotions that our own parents had a harder time supporting us through.

## Circle of Security®

Parent Attending To The Child's Needs



Wolseley Family Place is running an online Circle of Security Program May 4 to June 22, 1:15-3:15pm. If you want to apply, please complete the attached registration form and return to [healtheducator@wfpwpg.ca](mailto:healtheducator@wfpwpg.ca) by April 27.

For more information you can email or call (204) 560-3145.

Wii Chiiwaakanak Learning Centre

## Science Explorers at Home

For children in grades 3-6

Are you interested in testing out different science experiments or challenges using our science kits at home?

Each week there will be a new hands-on STEM activity kit over 10 weeks beginning April 19 to June 25

**WEEK 1: EARTH DAY GREEN HOUSE!**

Other Experiments:

- Test Tube Rockets
- pH testing
- Non-newtonian fluids

FREE TO PARTICIPATE

Experiment supplies must be picked up. Pick ups available weekly on Monday and Wednesday afternoons & Tuesday and Thursday mornings

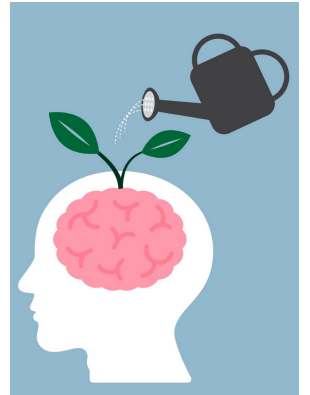
To register please go to:  
<https://form.jotform.com/210547206597257>  
or  
contact Julie at (204)-789-4231 or [j.hiebert@uwinnipeg.ca](mailto:j.hiebert@uwinnipeg.ca)

#playfulparenting #familyfunfactor #feedcuriosity #brainexercise #developoptimally  
#question #discover #learn #joy #delight

Questions create a bridge from the world of what we know to the world of what we do not yet know. To explore that bridge with children is a fun adventure! Here is a simple activity to try together.

#### WHAT TO DO

- 1) **Ponder:** \_\_\_\_\_ (fill in the blank).  
Take an interest of theirs. Ponder anything (why do farts stink?). The Cosmos.
- 2) **Fact we know:** \_\_\_\_\_  
Discuss what you both know regarding the topic.
- 3) **Question we have:** \_\_\_\_\_  
What don't you yet know and are curious about. Seek answers.
- 4) **Discovery we made:** \_\_\_\_\_  
What did you discover?



The joy and delight that comes from discovery and learning together is truly a miracle for a child's fertile mind. Curiosity and attention are free and children have plenty of both when we take an interest in what they care about!

*"Cherish curiosity, especially in children. It's the gift we can give them that keeps giving!"  
Neil Degrasse Tyson (Your Personal Astrophysicist)*

***If you are curious and would like to explore and share more ways we can support and celebrate children's development through our relationship with them and a positive learning environment come join our Triple P Positive Parenting Program via Zoom starting Wednesday May 5 - June 23, 2021. See below for more details***



**How does Triple P work?**

Triple P offers parents practical, easy-to-use information and support. Triple P is based on five main building blocks:

- make a safe, interesting home
- create a positive learning environment
- give positive, consistent guidance
- have realistic expectations
- take care of yourself as a person

**What is Triple P?**

Triple P helps parents learn effective ways to deal with the Challenges of raising healthy, happy children. It is based on building strong, nurturing relationships, good communication and positive attention to help children develop.



**Let's talk positive parenting**

Date: Wednesday, May 5 - Wednesday June 23, 2021  
Time: 1:30 - 3 pm

For more information, complete the intake and register contact Jennifer at 204-560-3147 or [parenting@wfpwpg.ca](mailto:parenting@wfpwpg.ca).  
You must register in order to receive the Zoom Link.

***\*If you want to attend but don't have internet or a device let us know, we may be able to help!***