

Starting Strong

Free programming for families with children birth-4 years of age.

Welcome!

Starting Strong welcomes families with children birth – 4 years of age to another fun filled year of learning and growing together! This fall we are excited to be offering an expanded variety of program opportunities that support the importance of play in healthy child development.

All Starting Strong programs are free and, recognizing parents as the first and most important teachers in a child's life, are designed for parents/caregivers and children to participate in together to ensure all children reach their full potential.

Starting Strong staff are trained to provide opportunities that nurture learning and skill development through literacy, numeracy, physical activity, social interaction, and more! Programs operate out

of locations thanks to the generous support of our community partners.

Please note that from time to time we may experience a last-minute program cancellation due to reasons beyond our control. Should this occur, we will do our best to make a post on our Facebook page as well as on the front door of the program location. We appreciate your understanding should this situation arise.

We are excited about our fall program lineup and look forward to seeing familiar faces and meeting new families.

Starting Strong Staff,
Teri, Kate
and Evelyn



THANK YOU, SANDRA!

Starting Strong gives a HUGE thank you to Sandra Doell for serving families in our community for 15 years as Family Resource Coordinator of Starting Strong, formerly known as the St. James-Assiniboia Parent Child Coalition, and wish her all the best in her retirement.



Play'n Learn offers a warm, friendly and nurturing environment for families with children birth – 4 years of age. This program provides children with learning experiences

through open ended activities, opportunities to create and explore, stories, music and more! No registration required, just drop in and join the fun.

Play'n Learn for Families with Children Birth-4 years

Mondays, Wednesdays & Thursdays
9:30 – 11:00 a.m.

Sansome School (181 Sansome Ave - Basement Starting Strong Resource Room)

Fall Session starts September 9th, 2024



Follow us on Facebook for additional programs and events!

www.startingstrongfamilies.ca

Phone: 204-998-8400



**Families with Children 1-4 years
Tuesdays 9:30 - 11:00 a.m.**

Westwood Community Church
(401 Westwood Dr)

Fall Session starts Sept. 10th, 2024

Families are invited to join us for an open gym experience that includes climbers, tunnels, balls, bikes, bouncers and more.



Parents/caregivers are encouraged to participate and have fun together as children develop strength, coordination and confidence. *No registration required, just drop in and join the fun.*

**Please bring clean indoor shoes to wear while attending programs.*



**Families with Children
2-4 years**

Cooking with children not only promotes healthy eating but enhances

language, math, and science concepts, and fine motor skills while engaging all senses, encouraging independence

and improving self-confidence. This program combines literacy and nutrition



to provide families with opportunities to prepare tasty and nutritious recipes, participate in fun and interactive activities, stories and more!

****REGISTRATION REQUIRED****

Session 1: - OR - **Session 2:**
Sept. 11th - Oct. 16th **Oct. 23rd - Nov. 27th**
9:30 – 11:00 a.m. **9:30 – 11:00 a.m.**

Messiah Lutheran Church
(400 Rouge Rd)

Please email: familyresource@sjasd.ca

(Include: Your name, Child's name/age & phone/email)



Families with Children 2-4 years

This fun and engaging program promotes physical activity and creative expression. We have combined music and movement to enhance gross/fine motor development, express emotions, foster social skills and promote creativity. *No registration required, just drop in and join the fun.*

Fridays
9:30 – 10:30 a.m.

Westwood Community Church
(401 Westwood Dr)

Fall Session starts
September 13th, 2024



PROGRAM REMINDER:

A reminder that while registration is not required for most of our programs, in order ensure safety, capacity is limited. A notice will be placed on the front door of program locations if we have reached capacity and are unable to accept more people for that day. We appreciate the understanding and cooperation of families should this occur.



In an effort to keep everyone healthy please stay home if you or your child are ill.

We'll be happy to see you again when you are well.



NEW PROGRAM

**For Families
with Children
1-4 years**

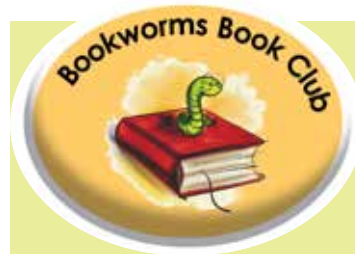
Mondays 9:30 – 10:30 a.m.

**September 9, 16, 23,
October 7, 21 and 28.**

*(No programs on September 30th
or October 14th)*

Messiah Lutheran Church
(400 Rouge Road)

Join us on a musical adventure as we use singing, instruments, movement, stories and rhythmic rhyme to explore the musical world! Rhythm and Rhyme enhances the social, emotional and intellectual world of the child while improving their motor, language and literacy skills all through the gift of music! No registration required, just drop in and join the fun.



***BACK BY
POPULAR
DEMAND***

For Families with Children 2-4 years

**Mondays 9:30 – 10:30 a.m.
November 4, 18, 25,
December 2, 9 and 16.**

(No programs on November 11th)

Messiah Lutheran Church
(400 Rouge Road)

Bookworms is an interactive family literacy program for Families with Children 2-4 years. Each week features a book, puppet show/felt board stories, crafts, and songs. No registration required, just drop in and join the fun.



Leaves Turn Yellow

Tune: Are You Sleeping

Leaves turn yellow, leaves turn yellow

Leaves turn red, leaves turn red

When the wind is blowing

Leaves come quickly falling

On my head, on my head



**To keep our children safe,
hot beverages are not
permitted in Starting Strong
programs.**

Please finish your morning
coffee/tea before arriving.

REMINDER in wet weather to please bring inside
shoes to wear while attending programs.



DIY LIQUID WATERCOLOUR

Tired of tossing markers because the lids weren't put back on? Use the dried-out markers to make your own liquid watercolour paint.

What you'll need: old markers (even if they're completely dried out!), containers of some kind (jars, bottles, cups, etc.), and 1/3 cup of water for each container/colour.

INSTRUCTIONS:

1. Fill containers with about 1/3 cup of water.
2. Add your old/used markers, tip down, to the water.
3. Let sit for 6-12 hours so the colour can be drawn out of the marker. Once the marker tip is white all the colourant has been drawn out.
4. Remove the marker from the water and discard.
5. Use your newly made liquid watercolour paint to create beautiful paintings.

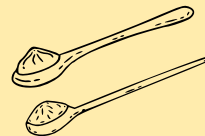
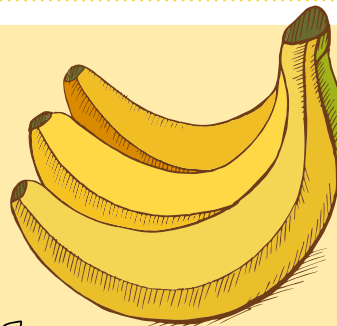
TIPS:

- Add more than one marker of the same colour to a container to make a stronger colour.
- Change the amount of water that you use to make lighter/darker colours.
- Instead of paint brushes, try using eye droppers, Q-Tips, or spray bottles.



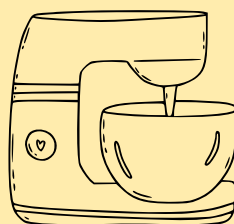
Super Banana Cookies

- 2/3 cup soft margarine
- 1 cup sugar
- 2 eggs
- 2 medium bananas, mashed
- 1 tsp vanilla
- 2½ cups flour
- Pinch of salt
- 2 tsp baking powder
- ½ tsp baking soda
- 1 cup raisins



Preheat oven to 375 degrees.

1. Cream margarine and sugar.
2. Add eggs and mix well.
3. Add mashed bananas, vanilla, flour, salt, baking powder and baking soda.
4. Stir to combine.
5. Stir in raisins.
6. Drop by spoonfuls onto an ungreased cookie sheet.
7. Bake for 10-15 minutes until golden brown.



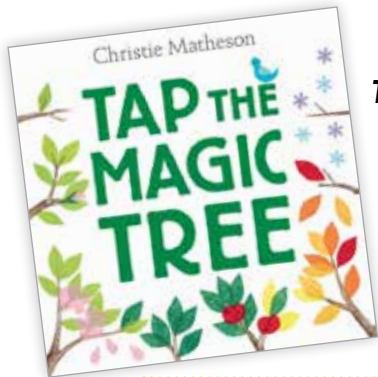
Starting Strong programs are offered for Families with Children birth – 4 years of age.

While we love older children too, we are unable to accommodate them in our programs.



Fall Books for Families to Enjoy

Visit your local library to discover these
and other fall themed stories.

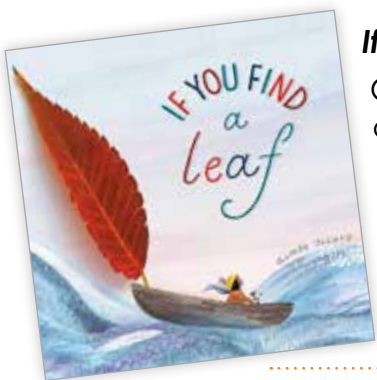


Tap the Magic Tree by Christie Matheson

Every book needs you to turn the pages but not every book needs you to tap it, shake it, jiggle it, or even blow it a kiss! In Tap the Magic Tree children get to help one lonely tree change with the seasons. Have fun sharing this story with your child as they pat, clap, wiggle and jiggle to make blossoms bloom, apples grow and leaves sway in the autumn breeze.

Little Acorn by Melanie Joyce

Little Acorn takes children on the enchanting journey of a small acorn's transformation into a towering oak tree. As you turn the pages your child will embark on an exploration of nature's marvels, from the tiniest seeds to the grandest trees. This book is an invitation to discover the world around you in an engaging and enchanting way.



If You Find a Leaf by Aimee Sicuro

Gusts of wind blow colourful leaves to the ground. Some make a crunch under foot while others want to be saved. In this story a young artist draws inspiration from the leaves she collects turning each leaf into a different image and story. After sharing this story with your child, have them collect leaves to make their own leaf creations. The book includes tips for including leaves in artwork as well as additional craft ideas.

Goodbye Summer Hello Autumn by Kenard Pak

As trees sway in the cool breeze, blue jays head south, and leaves change their colours, everyone knows autumn is on it's way. Join a young girl as she takes a walk and greets all the signs of the coming season. In a series of conversations with every flower and creature and gust of wind, she says good-bye to summer and welcomes autumn.



Fall Scavenger Hunt

Can you find them all?

red leaf 

stone 

yellow leaf 

tree bark 

orange leaf 

twig 

green leaf 

bird 

acorn 


butterfly 

pinecone 

bee 

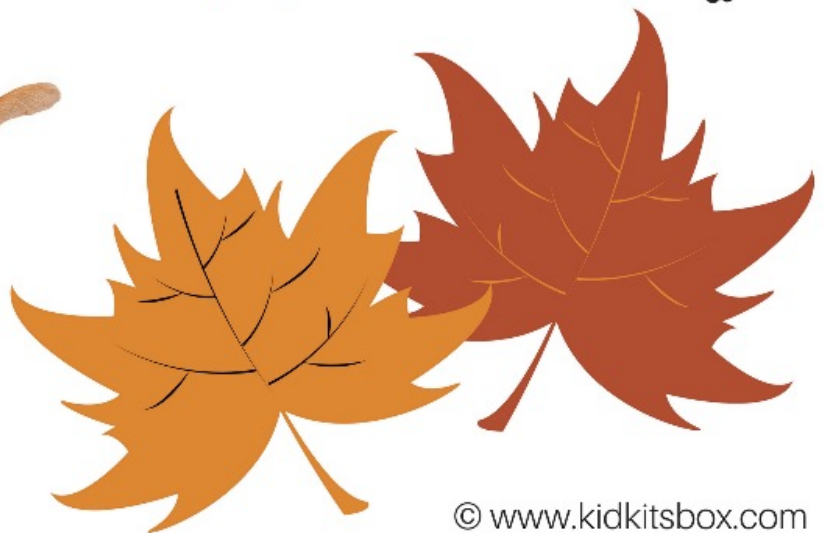
pumpkin 

animal tracks 

winged seed 

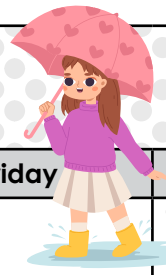
flower 

grass 





September 2024



Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
1	2	3	4	5	6	7
8	9 Rhythm & Rhyme* Children 1-4 yrs 9:30 – 10:30 am Play'n Learn* Children Birth-4 yrs 9:30 – 11:00 am	10 Family Gym Children 1-4 yrs Westwood Church (401 Westwood Dr) 9:30 – 11:00 am	11 Book & Cook* Children 2-4 yrs 9:30 – 11:00 am <i>Registration required</i> Play'n Learn* Children Birth-4 yrs 9:30 – 11:00 am	12 Play'n Learn Children Birth-4 yrs Sansome School (181 Sansome Ave) 9:30 – 11:00 am	13 Move & Groove Children 2-4 yrs Westwood Church (401 Westwood Dr) 9:30 – 10:30 am	14
15	16 Rhythm & Rhyme* Children 1-4 yrs 9:30 – 10:30 am Play'n Learn* Children Birth-4 yrs 9:30 – 11:00 am	17 Family Gym Children 1-4 yrs Westwood Church (401 Westwood Dr) 9:30 – 11:00 am	18 Book & Cook* Children 2-4 yrs 9:30 – 11:00 am <i>Registration required</i> Play'n Learn* Children Birth-4 yrs 9:30 – 11:00 am	19 Play'n Learn Children Birth-4 yrs Sansome School (181 Sansome Ave) 9:30 – 11:00 am	20 Move & Groove Children 2-4 yrs Westwood Church (401 Westwood Dr) 9:30 – 10:30 am	21
22	23 Rhythm & Rhyme* Children 1-4 yrs 9:30 – 10:30 am Play'n Learn* Children Birth-4 yrs 9:30 – 11:00 am	24 Family Gym Children 1-4 yrs Westwood Church (401 Westwood Dr) 9:30 – 11:00 am	25 Book & Cook* Children 2-4 yrs 9:30 – 11:00 am <i>Registration required</i> Play'n Learn* Children Birth-4 yrs 9:30 – 11:00 am	26 Play'n Learn Children Birth-4 yrs Sansome School (181 Sansome Ave) 9:30 – 11:00 am	27 Move & Groove Children 2-4 yrs Westwood Church (401 Westwood Dr) 9:30 – 10:30 am	28
29	30 National Day for Truth and Reconciliation Programs Closed 					

*Rhythm & Rhyme/Book & Cook: Messiah Church (400 Rouge Rd) • *Play'n Learn: Sansome School (181 Sansome Ave.)

October 2024

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
		1 Family Gym Children 1-4 yrs Westwood Church (401 Westwood Dr) 9:30 – 11:00 am	2 Book & Cook* Children 2-4 yrs 9:30 – 11:00 am <i>Registration required</i> Play'n Learn* Children Birth-4 yrs 9:30 – 11:00 am	3 Play'n Learn Children Birth-4 yrs Sansome School (181 Sansome Ave) 9:30 – 11:00 am	4 Move & Groove Children 2-4 yrs Westwood Church (401 Westwood Dr) 9:30 – 10:30 am	5
6	7 Rhythm & Rhyme* Children 1-4 yrs 9:30 – 10:30 am Play'n Learn* Children Birth-4 yrs 9:30 – 11:00 am	8 Family Gym Children 1-4 yrs Westwood Church (401 Westwood Dr) 9:30 – 11:00 am	9 Book & Cook* Children 2-4 yrs 9:30 – 11:00 am <i>Registration required</i> Play'n Learn* Children Birth-4 yrs 9:30 – 11:00 am	10 Play'n Learn Children Birth-4 yrs Sansome School (181 Sansome Ave) 9:30 – 11:00 am	11 Move & Groove Children 2-4 yrs Westwood Church (401 Westwood Dr) 9:30 – 10:30 am	12
13	14 Thanksgiving Programs Closed 	15 Family Gym Children 1-4 yrs Westwood Church (401 Westwood Dr) 9:30 – 11:00 am	16 Book & Cook* Children 2-4 yrs 9:30 – 11:00 am <i>Registration required</i> Play'n Learn* Children Birth-4 yrs 9:30 – 11:00 am	17 Play'n Learn Children Birth-4 yrs Sansome School (181 Sansome Ave) 9:30 – 11:00 am	18 Move & Groove Children 2-4 yrs Westwood Church (401 Westwood Dr) 9:30 – 10:30 am	19
20	21 Rhythm & Rhyme* Children 1-4 yrs 9:30 – 10:30 am Play'n Learn* Children Birth-4 yrs 9:30 – 11:00 am	22 Family Gym Children 1-4 yrs Westwood Church (401 Westwood Dr) 9:30 – 11:00 am	23 Book & Cook* Children 2-4 yrs 9:30 – 11:00 am <i>Registration required</i> Play'n Learn* Children Birth-4 yrs 9:30 – 11:00 am	24 Play'n Learn Children Birth-4 yrs Sansome School (181 Sansome Ave) 9:30 – 11:00 am	25 Move & Groove Children 2-4 yrs Westwood Church (401 Westwood Dr) 9:30 – 10:30 am	26
27	28 Rhythm & Rhyme* Children 1-4 yrs 9:30 – 10:30 am Play'n Learn* Children Birth-4 yrs 9:30 – 11:00 am	29 Family Gym Children 1-4 yrs Westwood Church (401 Westwood Dr) 9:30 – 11:00 am	30 Book & Cook* Children 2-4 yrs 9:30 – 11:00 am <i>Registration required</i> Play'n Learn* Children Birth-4 yrs 9:30 – 11:00 am	31 Play'n Learn Children Birth-4 yrs Sansome School (181 Sansome Ave) 9:30 – 11:00 am		

November 2024

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
					1 Move & Groove Children 2-4 yrs Westwood Church (401 Westwood Dr) 9:30 – 10:30 am	2
3	4 Bookworms* Children 2-4 yrs 9:30 – 10:30 am Play'n Learn* Children Birth-4 yrs 9:30 – 11:00 am	5 Family Gym Children 1-4 yrs Westwood Church (401 Westwood Dr) 9:30 – 11:00 am	6 Book & Cook* Children 2-4 yrs 9:30 – 11:00 am <i>Registration required</i> Play'n Learn* Children Birth-4 yrs 9:30 – 11:00 am	7 Play'n Learn Children Birth-4 yrs Sansome School (181 Sansome Ave) 9:30 – 11:00 am	8 Move & Groove Children 2-4 yrs Westwood Church (401 Westwood Dr) 9:30 – 10:30 am	9
10	11 Remembrance Day Programs Closed	12 Family Gym Children 1-4 yrs Westwood Church (401 Westwood Dr) 9:30 – 11:00 am	13 Book & Cook* Children 2-4 yrs 9:30 – 11:00 am <i>Registration required</i> Play'n Learn* Children Birth-4 yrs 9:30 – 11:00 am	14 Play'n Learn Children Birth-4 yrs Sansome School (181 Sansome Ave) 9:30 – 11:00 am	15 Move & Groove Children 2-4 yrs Westwood Church (401 Westwood Dr) 9:30 – 10:30 am	16
17	18 Bookworms* Children 2-4 yrs 9:30 – 10:30 am Play'n Learn* Children Birth-4 yrs 9:30 – 11:00 am	19 Family Gym Children 1-4 yrs Westwood Church (401 Westwood Dr) 9:30 – 11:00 am	20 Book & Cook* Children 2-4 yrs 9:30 – 11:00 am <i>Registration required</i> Play'n Learn* Children Birth-4 yrs 9:30 – 11:00 am	21 Play'n Learn Children Birth-4 yrs Sansome School (181 Sansome Ave) 9:30 – 11:00 am	22 Move & Groove Children 2-4 yrs Westwood Church (401 Westwood Dr) 9:30 – 10:30 am	23
24	25 Bookworms* Children 2-4 yrs 9:30 – 10:30 am Play'n Learn* Children Birth-4 yrs 9:30 – 11:00 am	26 Family Gym Children 1-4 yrs Westwood Church (401 Westwood Dr) 9:30 – 11:00 am	27 Book & Cook* Children 2-4 yrs 9:30 – 11:00 am <i>Registration required</i> Play'n Learn* Children Birth-4 yrs 9:30 – 11:00 am	28 Play'n Learn Children Birth-4 yrs Sansome School (181 Sansome Ave) 9:30 – 11:00 am	29 Move & Groove Children 2-4 yrs Westwood Church (401 Westwood Dr) 9:30 – 10:30 am	30

*Bookworms/Book & Cook: Messiah Church (400 Rouge Rd) • Play'n Learn: Sansome School (181 Sansome Ave)

December 2024

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
1	2 Bookworms* Children 2-4 yrs 9:30 – 10:30 am Play'n Learn* Children Birth-4 yrs 9:30 – 11:00 am	3 Family Gym Children 1-4 yrs Westwood Church (401 Westwood Dr) 9:30 – 11:00 am	4 Book & Cook* Children 2-4 yrs 9:30 – 11:00 am <i>Registration required</i> Play'n Learn* Children Birth-4 yrs 9:30 – 11:00 am	5 Play'n Learn Children Birth-4 yrs Sansome School (181 Sansome Ave) 9:30 – 11:00 am	6 Move & Groove Children 2-4 yrs Westwood Church (401 Westwood Dr) 9:30 – 10:30 am	7
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15	16 Bookworms* Children 2-4 yrs 9:30 – 10:30 am Play'n Learn* Children Birth-4 yrs 9:30 – 11:00 am	17 Family Gym Children 1-4 yrs Westwood Church (401 Westwood Dr) 9:30 – 11:00 am	Programs Closed for Winter Break			
22	23	24	25	26	27	28
29	30	31				