

WINTER PARENTING GUIDE

February and March can be a tough slog for moms, dads and caregivers and it's no picnic for children and teens, either, if cabin fever sets in!

You don't need Super Powers to beat the big, bad boredom beast! Parenting is a work in progress!

That's why Inclusion NWT staff invite the community to share all your best activities, crafts, fun recipes and other boredom-buster with us to share in our new Winter Parenting Guide! Check out our staff ideas posted here and send us your own at: YOUTH@InclusionNWT.ca



Calvinball

Calvinball has no rules; the players make up their own rules as they go along, making it so that no Calvinball game is like another. Rules cannot be used twice (except for the rule that rules cannot be used twice), and any plays made in one game may not be made again in any future games. Played by Calvin and his imaginary friend Hobbes (a stuffed toy tiger), the game was conceived in the imagination of cartoonist Bill Waterston. Sometimes played with home-made masks, scoring involves numbers, letters and nonsense. Google "Calvinball" and read some comics to get the gist of it.

Join the Air Cadets or Army Cadets

The Cadet Program is the largest federally-sponsored youth program in Canada. It includes the Royal Canadian Army and Air Cadets, which have Squadrons in Yellowknife. This free program is for young Canadians aged 12 to 18 who are interested in participating in fun, challenging and rewarding activities. Cadets also learn valuable life skills such as teamwork, leadership and citizenship. For information about the 825 RCACS Air Cadet Squadron or the 2837 Princess Patricia's Canadian Light Infantry Army Cadet Corps, contact: 2837army@cadets.gc.ca (Army) or paul.mckee@cadets.gc.ca (Air).



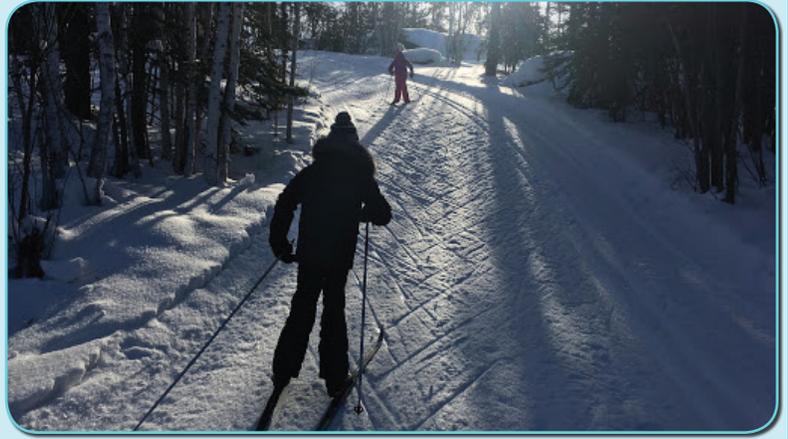
Volunteer with your teen at the SPCA!

Teens don't always enjoy hanging out with their parents after school, but they might really love sharing time with shelter dogs or cats! Teens and parents are invited to volunteer at the NWT SPCA together by walking the dogs, cuddling with the cats and kittens to socialize them to human touch, or other tasks. Walk the dogs and chat with your teen about their week, or just let your teen listen to music on their ear-buds while you both enjoy a dog walk together. Make it a weekly routine you both look forward to! Pretty soon your teen will know all the shelter dogs' or cats' names and personalities and - BINGO - you'll have a fun subject for conversation that'll stay fresh and engaging all week long! Volunteering also inspires a sense of pride and accomplishment in teens while exercising their empathy muscle. Volunteer orientations are held every week at the shelter.

Contact orientations@nwtsPCA.com to book an appointment.

Yellowknife Ski Club trails

Cross-country skiing is fun, exceptionally good cardiovascular exercise and offers beautiful sights and sounds of the Boreal forest. The Yellowknife Ski Club maintains 14+km of groomed trails each winter, which are free to use. The Club does not rent cross-country ski equipment, but Overlander Sports does. Used equipment might also be found for sale in your favourite local classifieds. Check out the Yk Ski Club website at: skiyellowknife.com or call the Club at: (867) 446-1432 for more info.



Funny Hat Day

Hats are always fun to play with so why not introduce Funny Hat Day after breakfast! Present a box of funny hats to your children and invite them to plop one on their head and stay in character for as long as they can. Chef's hat? The child makes a make-believe cake using a bowl and wooden spoon. A bike helmet? Time to ride a pretend bike around the table. A baseball cap? Throw an imaginary fast ball. A witch's hat? Add some eye of newt to that cake you were baking earlier. Play along or sit back and watch the silliness unfold.

Snow-cano! (a volcano made of snow)

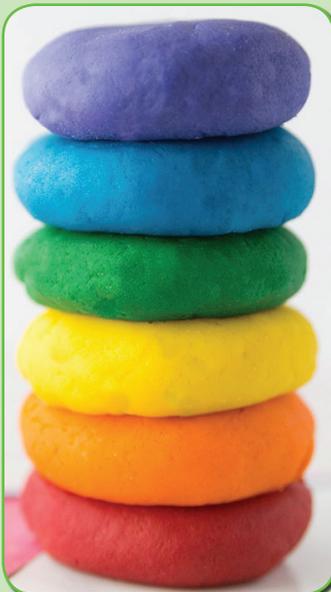
Volcanoes are awesome no matter what your age! Make one with snow!

What you need:

1. Two spoonfuls of baking soda
2. A few drops of food colouring
3. Vinegar (30 ml)
4. Snow
5. Small plastic container

Instructions:

1. Place the container on the snow.
2. Build snow up around the sides of the container tightly, but don't cover the top.
3. Add all ingredients into the cup, *except the vinegar*.
4. Add vinegar for eruption!



All children knead play-dough!

The best thing about home-made play-dough is that children can help make it with your supervision, doubling the fun!

Ingredients:

1. 1 cup flour
2. 2 tsp cream of tartar
3. 1/2 cup salt
4. 1 tbsp vegetable oil
5. 1 cup water
6. food coloring

Directions:

In a large bowl, combine all of your dry ingredients (flour, salt, cream of tartar) and mix well.

Mix food coloring with your water first.

Then add the vegetable oil and water with food coloring to a large pot. Mix together. Add the dry ingredients to your pot and mix well.

Mix Dry Ingredients with Wet for play-dough Cook over low to medium heat until the dough starts to form and becomes dry.

Once it starts to form a ball together and looks fully cooked, take off the heat. Let the dough cool then knead for 5 mins.

Quickie cookies

These no-bake cookies are fast and easy to make. They're a great way for children to safely learn their way around the kitchen.

Ingredients:

1. 1 and 1/2 cups old-fashioned oats
2. 1/2 cup peanut butter
3. 1/3 cup honey
4. 1 teaspoon vanilla
5. 2 tablespoons coconut oil
6. 1 tablespoon chia seeds
7. 1/3 cup dark chocolate chips

Directions:

1. Combine all ingredients and roll into balls
2. Sprinkle coconut shavings on top

(Lay a blanket on the floor, add milk, and make it a living room picnic snack)



Snowflake sun-catchers

Fold white paper and snip out shapes and one makes a snowflake, right? Well make that tired old craft more exciting by using wax paper covered in glued-on glitter! Take a square of waxed paper. Cover it lightly in glue and sprinkle glitter over the surface. Once it dries, have your child fold the paper in half diagonally to make a triangle, then fold that triangle into thirds. Snip small triangles and other shapes away, ensuring you keep some of the folded edge intact. Unfold when done and hang in the window until April!

For wizards and scientists

Sebastian and Elizabeth shared this fun activity with a surprise ending!

For children, science is akin to magic! Let your budding wizards, or scientists, test their powers with this egg-cellent egg-speriment:

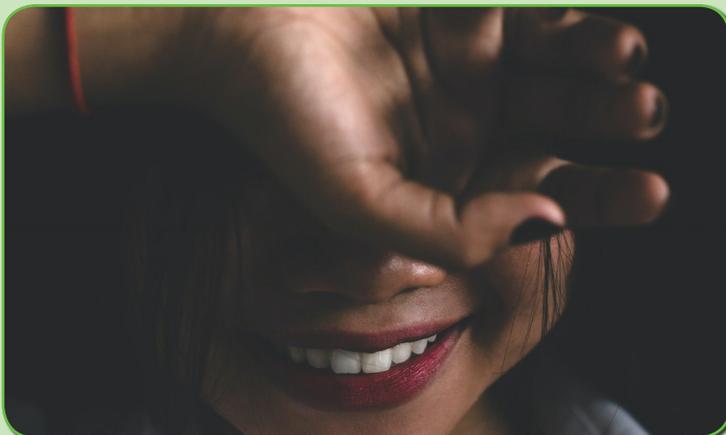
What you need:

1. A drinking glass or other container
2. Water (room temperature)
3. A teaspoon
4. Table salt
5. One egg, uncooked, in the shell (careful not to drop it!)

Instructions:

1. Put the egg in the water
2. See what happens (the egg sinks)
3. Take the egg out and 1 or 2 teaspoon salt to the water and stir it. Put the egg back in. What happens?

SPOILER ALERT: *the eggs float!*
(An egg is denser than fresh water, so it sinks. When you add salt to the water, its density increases!)



Imaginary hide-and-seek

This is an exciting game for Grandparents or parents working from home to play indoors with their children. The rules are just the same as hide-and-seek – almost. The adult counts to 25 (or 10, or 100, or a bazillion) while the children think of a hiding place somewhere in the home or apartment. After the adult opens her eyes, she has to guess where in the house all the children were “hiding”. If the children and their adult giggle together, they're playing it correctly.

Literary scavenger hunt

We've all heard that books offer a window to the world, so when it comes to a book-based indoor scavenger hunt - *there are no limits!* Young imaginations are invited to travel the globe and beyond as they hurriedly track down your list of items – all of which may be found on the covers or in the pages of their favourite books! What will be on your children's scavenger hunt list... A giraffe? Cookie Monster? Batman? Ottawa on a map? A cake recipe? An inferno? Onomatopoeia? Aliens? A firetruck? A bow tie? Polar bears? A yo-yo? Give your children a list of words or pictures and set them loose to excitedly explore the universe while sitting cross legged next to a bookshelf. Impose a 20-minute time limit (or until you've finished your tea, whichever comes first.)



Freeze dance breakfast

Every child loves the freeze dance game, in which an adult plays the DJ and the rest of the participants dance -- until the music suddenly STOPS -- then everyone freezes until the music returns!

For a busy breakfast time, perhaps the music doesn't start again until the dishes are in the dishwasher or until snowsuits are on.

Keep the music and dancing going until the children are out the door. The concept also works with Simon Says or Follow the Leader!

Ice Cube explorers

No, we're not talking about hiring rapper Ice Cube as a babysitter. This game is even more fun than that!

Ice cube explorers is the perfect unique game for a subarctic February!

Here's how it works:

- Fill a tall container with water the night before. It works best if the mouth of the container is the same width or wider than the body and the base.
- Fill the container with water and drop in various small toys, such as action figures, Barbie accessories, toy cars etc.
- Leave the container outside overnight and let it freeze solid
- The next morning, slip the ice out of the container and call the children to play!
- Using arctic archaeological tools such as salt, eye dropper and squeeze bottles to melt the ice and retrieve the toys frozen within.



Indoor hopscotch

It's a long time before your children will play basketball and other tried and true schoolyard games outside. So, why not bring the imaginary schoolyard indoors?

Hopscotch involves lots of momentum, exercise and energy, but it takes up a fairly small space. Use painters tape or old pillows to make a hopscotch game in your home. Add an improvised balance beam and maybe turn the floor into lava and add an extra layer of drama to the game!

Let it snow, let it snow, let them paint!

By February, some of us have had enough of winter weather, but the fun is just beginning for our children! The sun is out earlier and hangs around later, making outdoor play a creative adventure!

Before your children rise for breakfast, prepare some Snow-painting supplies to coax the children off the couch and outside.

Here's how to make snow paint (it's easy!)

- Take a clean, empty spray bottle, add a few drops of food colouring...
- Shake, shake, shake...
- Make your colourful art on a canvas of fresh, white snow!
- Send us photos of your designs if you try it: YOUTH@InclusionNWT.ca



Rug race track

Maybe it's too cold to dump your children in the snow for 30 minutes in the morning. No problem, you can still chill out with a coffee without using the TV or iPad as your babysitter.

Before the children wake up, or before you go to bed the night before, take some painters' tape and make a racetrack on your carpet or floor. Be creative! A square track may be great for the smaller children, but bigger brothers and sisters may appreciate a bigger challenge, such as a track that traverses the couch or jumps over an air vent. Add a shoe-box garage or tunnel for fun. Leave a few toy cars parked along the track and watch your children play for 25 minutes after breakfast while you kick back.

Jell-OH NO, you didn't!

Ever see the popular TV series, *The Office*? Remember the episodes when Jim seals his Dunder Mifflin colleague Dwight's calculator and stapler in Jell-O? Do that with some plastic dinosaurs or chunky costume jewelry and let your children excavate their dessert like an archaeologist!

Here's how to prepare it the night before:

- Wash the toys first by hand or in the dishwasher
- Use cooking twine or other string to tie the toy to the middle of a wooden spoon. Suspend the toy from the spoon so it hangs into your bowl or Jell-O mold without touching the bottom or sides.
- The object should only have contact with the string to achieve the "anti-gravity" effect inside the Jell-O. The rest of the trick is fairly simple.
- Prepare five packages of Jell-O as per directions on the box and pour it in your container so the toy is completely submerged.
- Place the container into the fridge until the Jell-O is solidified.
- Cut off the string tied around the object and remove it along with the wooden spoon it dangled from.
- Flip the container and start shaking until the Jell-O (and the object) is removed.
- And voila! Pretty, isn't it? Pretty fun, that is!



Open a dinosaur-washing business

Sensory bins are a lot of fun! Put dry pasta shapes, rice, beans or other alternatives to sand into a bin and let your children drive trucks through it or bury small treasures over and over.

A neat sensory bin idea is to take two bins, such as empty baby wipe containers, and put dirt and water in one bin and soap and water in the other. Then take small plastic dogs, dinosaurs, dolls or cars and get them dirty in the mud. Then the toys can have a dip in the bath. Use old tooth brushes (first sterilized by a parent in the dishwasher or boiling water) to scrub the dogs and dinosaurs clean again. Perhaps your child will narrate this fun chore with a story about the party all the toys are cleaning up to attend?



Draw a family portrait	Play charades	Have a family story time	Play musical statues	Camp in the living room
Try a new recipe together	Play a card game	Bake your favorite cookies	Watch old home videos	Indoor scavenger hunt
Have paper airplane races	Watch an interesting documentary	Build a blanket fort	Have a "talent show" at home	Play a board game
Make a collaborative drawing	Have a picnic in the living room	Build an obstacle course	Dance party in the living room	Watch a movie together

Weekday Chore & Play BINGO

Our work-a-day lives become more fun when there's a game hiding around every corner.

On Sunday night, prepare bingo cards for everyone in the family. Include a mix of quiet indoor games and active outdoor games, age-appropriate chores, crafts and other stuff you'd like to see your family engaged in during the work/school week.

At dinner time each evening, discuss which items each member of the household stamped on their bingo card during that day.

Once the card is filled on Friday night, treat the family to a weekend reward, such as a special dessert, pizza or a movie night! Winner picks the movie!

Taco Tuesdays are boring! Until now...

Why not try TACO SOUP!

Ingredients:

- 1 lb. ground beef or ground turkey
- 1 small onion, chopped
- 1/2 green pepper, chopped
- 1 can kidney beans
- 1 can black beans
- 1 can beef broth
- 1 can petite diced tomatoes
- 1 small can tomato sauce
- 1 can corn 1/2 package of taco seasoning (can use the whole package)

Directions:

Brown meat, onion and green pepper. Place meat in a pot, open all cans and add to the meat mixture. Do not drain or rinse anything, just dump and go! Add taco seasoning and simmer for 30 minutes. Tortilla chips make a great garnish! **This is a freezable meal, so make extra and save some for next Tuesday, too!**



How to get teens to talk at dinnertime?

Let's face it, you're not as cool as your kids. But lucky you, you get to hang with the cool crowd every night at supper time if you have a teenager in your house! Break the ice with Trivial Pursuit cards or other question cards lifted from second hand board games you find online or at thrift (you don't need the board!). Cherry pick some questions and find out who the know-it-alls are around the table. If the subject moves on to something else, then mission accomplished! Make it a nightly habit.

Bed-time routine vs. Bed-time schedule

Bed time may be 7:30pm for your child, but sometimes a child is worn out earlier from a busy day, or maybe they're more wired than tired when the clock suggests it's time for bed.

Having a bed-time routine adults stick to seven days a week is the best way to instill helpful sleep habits early on. No matter if you're ahead of schedule or behind schedule, bedtime remains a consistent process (no screens!)

The routine should be about 10-15 mins, longer if it involves a quick bath.

- Put on jammies
- Brush teeth
- Chat about tomorrow
- Read a bedtime story or two
- Share a hug and a kiss
- "Good night, sleep tight..."



POLICE SKETCH GAME

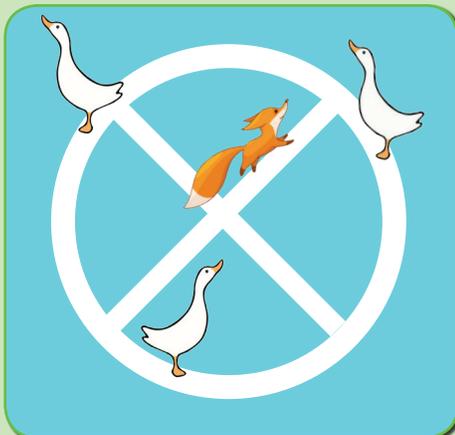
One child draws a face in eight steps, beginning with: eyes, eyebrows, nose, mouth, head, ears, hair and finally details such as a necklace, glasses, scar, hat etc. At each step, the artist describes what she is drawing (for example: "big, round eyes, bushy eyebrows, loooong nose, laughing mouth with two teeth, jelly-bean-shaped head, pointy ears, hair with pigtails and a bow-tie.") After each step is described, all the other players draw along with her. (No peeking!) At the end of the game, compare the pictures and see how much the sketches resemble each other! Once an adult plays the game with a child two or three times, the children will enjoy playing quietly on their own while you take a breather for 20 minutes.

Lego is too expensive! Or is it?

Lego is almost worth its weight in gold these days, but many children love the toy and can play with it for hours in a day. If you want to avoid going broke to support your child's passion for plastic blocks, try seeking them out at any of the three second-hand stores in town:

- Vinnie's Flea Market
- The Salvation Army Thrift Store
- Evergood Stuff Thrift Store: (867) 445-1939 / 5018 47th St.

Lego can sometimes be found for a few dollars for a bag. If you're on Facebook, look on the various local classified pages for cheap blocks. The site YKTrader.com is also a good place to look.



Fox & Goose

This is a game your Great Grandma might have played! Using your boots, stamp a large circle in the snow with a big X in the centre, as pictured. One player is the fox and everyone else is a goose. The fox is "it" and the geese must flee the fox. The geese may only run around the circle, while the fox may run around the circle OR cross through the centre of the circle using the X in the middle. When a goose is caught, she becomes a fox until there is one goose left. That's when you start the game all over again. The game has been around for more than 100 years, but that doesn't mean your children can't tweak the rules if they'd like! It's excellent exercise and can entertain as many children as fit around the circle for 30+ mins!

Moms, Boobs & Babies

momsboobsandbabies.com

We are a network of mothers who provide mother-to-mother support for breastfeeding and other parenting challenges. As Northwest Territories' Breastfeeding Support Group, we promote and support mothers feeding breast milk in any way, in any amount. We support all women and families in their journey to feed their babies with love, and we realize that this may look different for different families.

We currently have post-natal classes running for their spring session. Classes are via Zoom and run from 1:30pm-3pm every Monday. This is a partnership with Public Health, and offers a wide range of discussion and supportive topics. **Contact our support line 844-33-BOOBS (26627)**



YWCA FAMILY CENTRE

ywcanwt.ca/family-centre

What is the Family Centre?

We are a free program accessible to all families/visitors to the Yellowknife area. We generally run 1-2 programs per day (Monday-Thursday).

Our Family Centre, programs and activities are to create a fun and engaging opportunity for parents/caregivers to enjoy with their children. We often have free play with age/developmentally appropriate toys, messy crafts and activities as well as snack time! We are at the field house 2x a week in the winter, and generally visit parks or the beach weekly in the summer!

At the Family Centre we have a large selection of diapers and wipes for families to use as well as coffee and tea for the adults to enjoy. Additionally, since the start of COVID we have been looking for ways to engage our families at home. We have been doing a monthly book club that comes with a free book and crafts/activities, and monthly baking/cooking bags.

How do we sign up for programs?

Due to COVID-19 limited capacity and restrictions, all programs are currently by sign up only. Every Friday at 1pm we will post our events for the following week.

Please send us a Facebook message or text: 867-669-1234 to sign up.

NOTE: Programs have limited space and do fill quickly. We do suggest that you message us close to 1pm to secure your spot. Spaces will be given based on the order that messages were received in, we suggest only sending one message as each message you send will put you further into the queue.



A swim always cures the winter blahs

The soon to be rebuilt Ruth Inch Memorial Pool is scheduled to have an amusement-park-style slide built in the not too distant future, but in the meantime the old pool still offers plenty of opportunities for fun and exercise for all ages!

The pool remains open under specific guidelines and with additional public safety measures in place as approved by the Chief Public Health Officer.

The main pool and hot tub facilities are available for use, but visitors are now required to book a spot for lane swims and public swims. You can book up to 7 days in advance.

For the current swim schedule (including lane swims and swim times for families with children of various ages) call the pool schedule hot-line at:

(867) 920-5682



MINUTE TO



Win it!



Friday, February 12, 2021

Minute to win it games are short and fun mini games that will be played on teams. All you need is a positive attitude!

4:30 pm - Drop off at the Fieldhouse

4:45 - 5:45 pm - Minute to Win it! activities

6:00 pm - Pizza & board games at CLC (4919 53rd Street across the street from Abe Miller Building)

7:00 pm - Pick up at CLC

Let us know you are coming! E-mail

youth@inclusionnwt.ca or call or text: **(867) 446-1772**

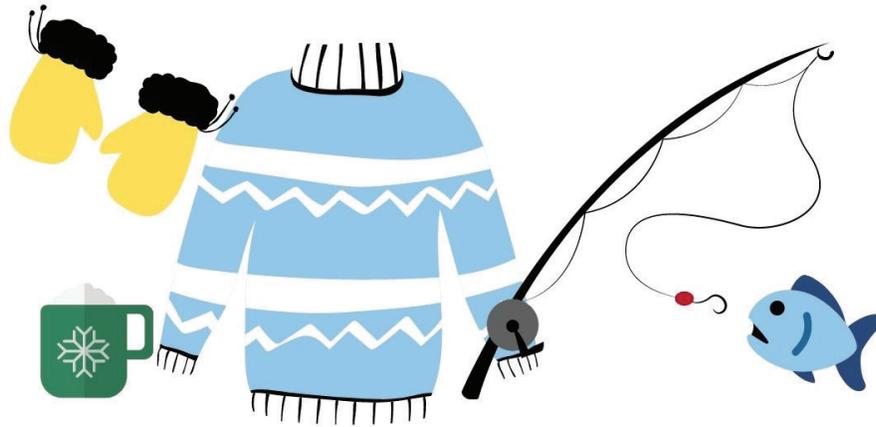
Yay Fusion is a free social group for youth living with or without a disability.

YAY FUSION!

Inclusion since 1962
NWT 

ICE FISHING

Young ADULTS



Friday, February 19, 2021

Young Adults, a part of YAY Fusion, is going Ice Fishing with Yellowknife Sport Fishing Adventures.

4:30 pm - Meet at Abe Miller

5:00- 6:30 pm - Ice Fishing (dress warm!)

7:00 pm - Pick up at Abe Miller

Spots are limited. Book a spot by e-mailing

youthinclusionnwt.ca

or calling or texting: **(867) 446-1772**



Yay Fusion is a free social group for youth living with or without a disability.



The library is not just books!

Yellowknife Public Library has a rich collection of nearly 70,000 items in varied formats including print, audio-books, e-Books, music CDs, DVDs, and much more. Online resources are available as well.

In addition to these resources, the library offers a comfortable space for reading and studying and two separate rooms that can be booked for meetings, presentations or quiet study. Yellowknife Public Library offers programs to Yellowknifers of all ages from babies to adults.

How to access the library during COVID

Call or email the library to book a one-hour appointment between 10am-7pm, Monday to Friday.

Appointments must be made at least 1 day in advance.

If patrons are browsing the collection, they are required to wear a mask and use hand sanitizer.

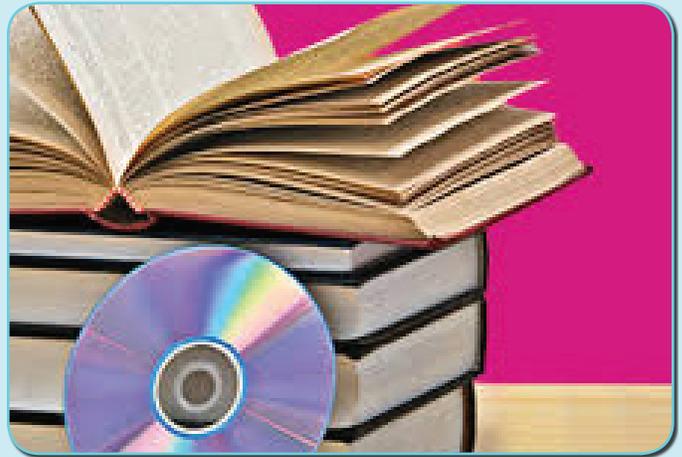
Physical Resources Offered at YPL

- DVDs (children, teens, adults)
- Comics/Graphic Novels (children, teens, adults)
- CDs (children/adults)
- Books on Disk (children, teens, adults)
- VOX books (children)
- Books with Disks (children)
- ESL resources
- Magazines (children/adults)
- Books (non-fiction, fiction, picture, early readers, large print, poetry, folklore, etc.
- Northern reference collection (books produced by/about/for northerners)
- Board games for in-library use (not currently available due to COVID concerns)

Online Resources: Digital Catalogs, and Databases
(Yellowknife.ca/library)

Digital Catalogs

- OPAC (Online Public Access Catalog): Catalog of our physical collection holdings. Patrons can use this to search for items in the library collection, place holds on them, and renew their materials.
- Overdrive/Libby: Catalog of e-books/audio books for all ages
- Freeding: Catalog of e-books for all ages
- Hoopla: Catalog of e-books, audio books, music, and movies for all ages
- Tumble Books: Helps to teach kids in grades K-6 to enjoy reading by using animation, music and narration to bring



picture books to life that kids can read along with online. Also included in French.

- TeenBookCloud: e-books, graphic novels, videos, and audio books aimed at grades 7-12.

Digital Databases

- A to Z World Database: The world's largest database of global food culture and recipes
- Canadian Reference Centre: Full text information for over 150 Canadian periodicals and over 400 international periodicals. (Academic research aid).
- Creativebug: Access to 1000s of online arts and crafts classes taught by expert instructors.
- Flipster: Digital magazine subscriptions to a variety of popular magazines.
- Freegal Music: Free music downloading and streaming service.
- Global Road Warrior: The world's most extensive country-by-country information reference resource. Includes information on all aspects of a country's history, culture, people, and current travel advisory information.
- Lynda Library: Access to 1000s of professional development video tutorial courses.
- Novelist Plus: Reader's Advisory tool designed to help readers find books that they will enjoy based on their unique personal preferences. (Great to help parents find books for their kids).
- Rocket Languages: Provides world language courses for free.
- World Book: Access to Encyclopedic information resources on all topics, themed to different reading levels.

Games/Activities to Stimulate Kids at Home

Dewey Classification Numbers for areas of the collection to look in:

- 793-795 Indoor games and puzzles
- 740-751 Art, painting, drawing, crafts
- 641 cooking and baking

YWCA Girl Space in full effect

Registration is open! GirlSpace is an awesome free leadership program for girls ages 8 to 17. The program runs during the school year and often has special programming during March break and the summer. Complete the registration form if you would like to attend.

GirlSpace offers youth the opportunity to:

- work collaboratively with other girls to develop a space where everyone feels welcome and respected
- learn, grow and share in a non-judgmental environment supported by professional staff
- build skills, including leadership, teamwork, self-reliance, increased independence, self-awareness and positive self-esteem
- connect with the community in a variety of volunteer roles.

For more info, e-mail co-ordinator Megan at: girlspace@ywcanwt.ca



PCR Dudes Club welcomes youth

PCR Dudes club is a free program through the YWCA NWT for boys ages 8-13. We target those who have/are experiencing trauma in their lives whether it is from home violence, stress, bullying, drug/alcohol misuse or simply just need a safe environment to hang out and make friends.

PCR Dudes Club is currently run through after school programming where we learn a variety of life skills, enjoy activities and crafts, and go on special outings, field trips and on-the-land activities.

For more info, contact Brendan: (867) 445-3727

Set your winter fun goals higher

Children and teens love to climb and in February and March they'll be climbing the walls if they don't have the proper venue.

That's why the Yellowknife Field house is such a wonderful facility. The climbing wall and indoor play area are open under specific guidelines and with additional public safety measures in place as approved by the Chief Public Health Officer.

The climbing wall, children's play area and the track are available for use, but visitors must pre-register on the city's website (Yellowknife.ca).



SEND US YOUR PARENTING IDEAS!

Children's games...

Best practices...

Favourite hiking spots...

Advice for caregivers...

Recipes and crafts...

Email: YOUTH@InclusionNWT.ca