



Ability Society
Futureways

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Futureways Classroom Newsletter

Dear Parents:

Welcome back to Futureways! We hope everyone had a GREAT summer. Since the children are going back to school, we will begin our program with "Making New Friends" theme. This is a fun and active module where children will learn how to make new friends and build a strong friendship among each other.

Some new updates!!! Our new Futureways Program Coordinator: Emma Paynter.

If you have questions concerning the program, in-home PAs, ISPs or any other questions please call **Emma 262-9445 ext 120 OR Emma_Paynter@abilitysociety.org**

Workshop Leader: Hilda Lam. Hilda will be the contact person for workshops. If there is any questions about the workshop or you can not attend the workshop please call **262-9445 OR Hilda_lam@abilitysociety.org**

Now that Futureways is settling down again, we would like to take this opportunity to remind everyone that Attendance sheets have been place beside the door when you first come into the room. Please remember to sign in your child at the beginning of each class.

Overprotected kids: How to let kids take risks

Letting your kids take risks can be scary, but experts say it's necessary if they're going to grow into responsible, independent children and young adults. Here's to letting go – and how.

By Juile Beun-Chown

Letting go

So why are most of us so reluctant to let go and let our kids take risks? "Today there's a strong emphasis on parents to be in charge of everything in a child's life," says Dr. Wayne Hammond, a Calgary-based clinical psychologist and founder and CEO of the nonprofit organization Resiliency Canada. Marshall adds that overburdened parents trying to do it all "overestimate the likelihood of something bad happening, so something that's a remote possibility becomes an almost-certainty. [We envision] a child molester behind every tree." Put like that, our vigilance does seem over the top. But the real dilemma, says Ungar, is that our fear and hesitancy has left our kids with no adventure. "At some point, we have to let them manage risk themselves," he adds.

Empowering your kids

My girlfriend Jean treads the fine line between sweaty-palmed fear for her three-year-old and determination to rear a self-reliant young man. She's got her hands full: Griffin is a teddy-bear of a boy, but he has the soul of a buccaneer. Worried he'd get lost on one of his "adventures," she did something last winter that may shock some parents. One afternoon, she pulled up near her house in Ottawa, pointed out landmarks, dropped Griffin off and instructed him to walk past three backyards to theirs while she parked out front. "I wanted to see if he knew where our house was, so if he wandered, he could find it. It was terrifying for me, but I was empowering him."

On that afternoon, Jean took a vital step in raising a resilient child, says Ungar, who adds, kids are ready to take on risk from the moment they squirm off your knee. "It's the parent who pulls them back who runs into problems. The trick is in increasing the intensity when they need it."

How much risk?

Deciding when and how much risk your children can take can be tricky business, indeed. The key is to start small and early. For preschoolers and younger children, set "safe" within-eyesight boundaries; street-proof your child about strangers and road safety; send your five-year-old on his trike to the corner (while you watch from a distance); or find a safe tree for your daughter to climb. "Of course, you should minimize real danger," says Ungar. "I'm for wearing a helmet while tobogganing, but I'd be at the bottom of the hill, making the biggest jump possible. The best rule is to ask yourself what you did as a kid, and be guided by that."

It also helps to tune in to your child's personality and let that guide the risks you expose him to, says Hammond. "I may have climbed trees, but my child may not enjoy that. If we listen, we'll know how to respond to the challenges that children need. Look for opportunities to nurture our children's passions; it will be through those things that your children will find their dance."

Nutrition And Foods Brought From Home

Eating nutritious food and learning good meal-time behaviors are important for children due to the rapid growth and the major developmental changes that they undergo. Meal times can also be an opportunity for learning and developing social and motor skills, and for being introduced to new foods. Skills such as hand washing, table manners, and carrying on a conversation at the dinner table can be developed and reinforced. Age-appropriate motor skills can be fostered by encouraging children to use child-sized utensils and encouraging children to clear their dishes and utensils from the table. Child-sized furniture and hand washing sinks help children feel comfortable and help the children learn.

4 creative ways to help your kid eat a healthy lunch

Does your kid trade their healthy lunch at recess, or go all day without eating? These creative lunch ideas will keep your kid munching, healthy and energized all day.

So how do parents prepare healthy, interesting lunches kids will eat without making it an exhausting chore? Here are a few suggestions for creative lunch ideas that will help make the lunch-making process smoother for you, and tastier for your kids.

Kids 6 to 9 years

Creative lunch idea #1: It's a small world after all

Kids love tiny things they can wrap their hands around, and food is no exception. Sandwiches, in their many forms, are perfect for making mini.

- Remove the crusts of a peanut butter and jelly sandwich and cut it into four triangles or soldiers. Or, try using a cookie cutter to give sandwiches playful shapes.
- Tightly roll a tortilla - with egg salad, or cream cheese, lettuce and ham - and cut it into bite-sized pinwheels.
- **There are endless sandwich-making options.** Buy mini pitas or bagels and stuff them with sprouts, tomato, roast chicken and mayo. Our Barbecue Chicken Sandwich with Coleslaw (recepte pg.3) can easily translate into smaller, more interesting sandwich bites.

Creative lunch idea #2: Already small? Make it smaller

Raw fruits and vegetables are packed with vitamins and nutrients, but they don't do any good if your child trades them at recess or throws them away. **Six- to 9-year-olds can still have a tough time biting into and chewing crunchy carrots and apples**, or get discouraged by celery's stringy bits.

- Make veggies and fruit more kid-friendly. Peel oranges and segment them, remove the seeds and pack in a container.

Pick apples such as **Ambrosia, Braeburn, or Courtland** which don't brown as quickly when cut and send apple slices or sticks.

- **Seedless grapes are a parent's dream.** Make a fruit salad but cut the pieces super small and add a little honey or maple syrup.



Kids 10 to 14 years Creative lunch idea #1: Preloved goodness

Chances are if your child liked their dinner the night before, they'll enjoy it the next day, too. Kids are often more willing to eat cold leftovers than we are, especially favourites like pizza. Get into the habit of making extras with every dinner to save time and provide a greater variety (make enough for your own lunch, too!).

- Turn roasted potatoes into a roasted potato salad for lunch by adding a simple vinaigrette or some mayo, and maybe scallions, chopped spinach or cherry tomatoes for more adventurous eaters.
- Cook 'too much' orzo the night before while making pasta and tomato sauce and convert it to a quick-and-easy pasta salad the next day. Drizzle in some olive oil, toss in grated cheese, fresh tomatoes and peppers, squeeze on a few drops of lemon juice and voilà.
- Roasted chicken breast is great on a sandwich with lettuce and mustard, shredded for chicken salad or torn into strips and served with a sauce for 'batterless' chicken fingers.

Creative lunch idea #2: Veg out

Sometimes it's worth it to add a few extra calories to a lunch if it gets your child to eat their veggies. Pack a variety of veggies - bell peppers, celery, carrots or cucumbers cut into super thin sticks, cherry tomatoes, cauliflower or broccoli trimmed into itsy bitsy florets - **but include a tasty dip.**

- Try hummus, or heavier dips such as Herbed White Bean Spread, Red Pepper Feta Dip, Garlic and Herb Dip, or spinach and cheese (dubbed "Green Slime" in this popular Halloween recipe). You can even use straight up ranch dressing.
- If you make dips from scratch you can obviously better control the amount of fat that goes into them, but many store-bought brands also have healthy options. Just be sure to put the dip into a container with a tight lid, but not so tight your little one can't open it.

TIP: Sweetly speedy

Many parents would love to bake their own cookies and squares rather than buy processed versions, but balk at the time it would take every week. So do it every few weeks instead, **and befriend the freezer.**

- * **Easy bars:** Bake one of the delicious and healthy snack bar recipes, such as Chewy Granola Bars or Carrot-Date Breakfast Bars, cut them up and then freeze them, first in a single layer on a tray, and then, when fully frozen, pack them into freezer bags or containers and defrost them as needed.



- * **Easier cookies:** Do the same with cookies, such as Oatmeal Chocolate Chip. Or to keep more of a freshly baked feel, **scoop out the cookie dough using an ice cream scoop with a release lever (it's faster than using spoons and every cookie will be uniform) onto a baking sheet lined with parchment paper and freeze immediately.** When they're frozen through, transfer them to freezer bags. Bake off the cookies as desired, in batches of four or eight.

Barbecue Chicken Sandwich with Coleslaw

Servings: 4

Ingredients:

3 cups (750 mL) thinly sliced roast chicken (12 oz/375 g)
3/4 cup (175 mL) barbecue sauce
4 whole wheat buns

Crunchy Coleslaw:

1/4 cup (50 mL) vegetable oil
2 tbsp (25 mL) lemon juice
1 tbsp (15 mL) Dijon mustard
1 clove garlic, minced
1/4 tsp (1 mL) each salt and pepper
1-1/2 cups (375 mL) shredded cabbage
1 cup (250 mL) grated carrots
Half small sweet red pepper, thinly sliced

Preparation:

In bowl, toss chicken with barbecue sauce; set aside.

Crunchy Coleslaw: In separate bowl, whisk together oil, lemon juice, mustard, garlic, salt and pepper. Add cabbage, carrots and red pepper; toss to coat.

Cut buns horizontally in half. Divide chicken mixture among bottom halves; top with coleslaw and tops of buns.



Oatmeal Chocolate Chip Cookies by The Canadian Living Test Kitchen



Serving: 36

Ingredients:

2/3 cup (150 mL) butter, softened
1 cup (250 mL) packed brown sugar
1 egg
2 tsp (10 mL) vanilla
1-1/2 cups (375 mL) large-flake rolled oats

1 cup (250 mL) all-purpose flour
1/2 tsp (2 mL) each baking powder and baking soda
1/4 tsp (1 mL) salt
1-1/2 cups (375 mL) chocolate chips

Preparation:

Line rimless baking sheets with parchment paper; set aside.

In large bowl, beat butter with sugar until fluffy; beat in egg and vanilla. In separate bowl, whisk together rolled oats, flour, baking powder, baking soda and salt - stir into butter mixture until combined. Stir in chocolate chips.

Drop by heaping 1 tbsp (15 mL), about 2 inches (5 cm) apart, onto prepared pans. Bake in top and bottom thirds of 375°F (190°C) oven, rotating and switching pans halfway through, until golden, about 12 minutes. Transfer to rack; let cool. (Make-ahead: Store in airtight container for up to 5 days or freeze for up to 2 weeks.)

Free Courses

- Sept 11** **Family Support for Children with Disabilities**
1:15-3:00 *Alberta Children's Hospital-Auditorium*
- Sept 18** **Intro to Sexuality and Disabilities in Children and Youth**
11:45-1:30 *Alberta Children's Hospital-Auditorium*
- Sept 24** **Parenting Inattentive/Hyperactive Children and Youth**
6:15-8:00 *Alberta Children's Hospital-B2200*
- Sept 25** **Parenting a Child with Disruptive Behaviors**
6:15-8:00 *Learning Village Collaborative-Valleyview*
- Sept 30** **Healthy Meals for Busy Families**
6:15-8:00 *St.Brigid School*

For more information about free courses, please contact Hilda Lam or go to www.fcrc.sacyhn.ca

Reminders to Parents

- Toy from home should stay home or in their lockers.
- Bring:
 - Jacket (fall is here!!!)
 - Snack (if you child does not eat our snacks)
- Please Contact **Hilda** if you are not attending class: 262-9445 or hilda_lam@abilitysociety.org

This Month's Highlights

End of each module

There will be a short ceremony for children who completed the module. Certificates will be given out during the ceremony.

Outings

We are planning for an outing every 6 weeks. Outings include visiting library, short trip to the community, etc.

Upcoming Modules

October

Health & Nutrition

November

Manners

December

Christmas Fun

If you have any module ideas or would like us to help your child to develop certain skills, feel free to let us know by email: Hilda_lam@abilitysociety.org

Welcome My Friends!!!

- Angel Roseneder
- Saquif Syed
- Spencer Yee
- Mark McGill
- Evan Garner
- Darren Tran
- Ryan Gill
- Marrya Khan
- Chris Johanson
- Brent Weibe
- Jordan Lee
- Nicole Chao
- Leeman Lau
- Anna Krayem