



News & Views

A COMMUNITY NEWSLETTER FOR STUDENT FAMILIES AT



Road Trips with Toddlers by Bonnie Way

Heading on a road trip with kids this summer season? Here are some practical tips from a seasoned family road-tripper.

Since moving from Alberta to Victoria last August, we have made that drive (fourteen hours by Google maps—longer in real life) five times. With each trip, I've gathered snacks, toys, and ideas to keep our daughters (ages three and one) busy on the road—and learned better how to prepare for the next trip. Here are a few things that worked for us.

Snacks – before each trip, I buy the girls' favourite snacks, including treats I wouldn't usually buy. Cheese sticks, Fruit-to-go snacks, cereals (such as Corn Bran, Cheerios and Shreddies), corn puffs, granola bars, Mandarin oranges, bananas, Baby Mum Mums, fish crackers, etc—the key is to have a large selection that is easy for mom to hand out. I found a reusable grocery bag behind my seat worked best, and I packed snack cups for dishing up the cereals and corn puffs. Leak-proof sippy cups or juice boxes are also a must.

Games – before your trip, swing past the dollar store for a few small new toys. You could also borrow toys from a friend or from a toy lending library (such as the Family Centre). Also pack a few favourite toys that are easy to play with in the car. Games that worked for our daughters included a Leapster or mini laptop (for our three year old), rattles, Magna-Doodle or Etch-a-Sketch, a can of Play Doh, a few cars or My Little Ponies, a little notebook and a couple pens, a few board books, etc.

Music – one of the best ways to keep the girls happy during the drive has been music. Our three year old likes Little People CDs and now asks for her “little girl singing song” as soon as we get into the vehicle. We started a rule that Daddy gets the radio for the news and then Nicole can have her music (and Mommy gets country music if she's driving and everyone else is sleeping). Sing along with the songs and do actions if you know them (or can make them up).

You – often, all the girls wanted was some attention from Mommy or Daddy. Playing “peek-a-boo” over the seats, reading a book over your shoulder, singing along with the music, or just talking about the scenery (“Mommy sees some cows – can you find the cows?”) helped stave off temper tantrums.

Sleep – If your child has a favourite blanket, soother, or stuffed animal, pack them and offer them when your child seems tired or in need of something comforting. If you are up for it, drive late at night or early in the morning (or during nap-times) so that children sleep while you're on the road.

Rest Stops -- We tried to stop every three hours to get gas, refill coffees, use potties and change diapers. If the girls were happy, that stop was only fifteen or twenty minutes. If they were not so happy, we made it a longer stop at a McDonald's PlayPlace, city park, or hiking trail, where we could let the girls run around for an hour before getting back into the car.

Finally, chat with other parents about what works for them or visit <http://www.todaysparent.com/> and search “travel” for more ideas. Happy driving!

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NEWSLETTER

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Check out our complete listing of programs at:

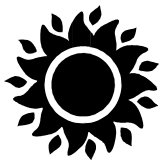
<http://web.uvic.ca/family-centre/>

Family Centre Weekly Hours and Programs

Monday	Closed	Closed
Tuesday	9:30am-3pm	Music and Movement Playgroup: 10am-12noon
Wednesday	9:30am- 3pm	Playgroup: 10am-12noon
Thursday	1pm-5pm	No programming
Friday	10am-12noon	Playgroup: 10am-12noon



Summer Volunteers at the Family Centre



The Family Centre is happy to have three summer volunteers! Alanna continues to help with the Music and Movement program. Although Alanna studies business at UVic, she has lots of experience doing summer camps with preschoolers. Miki will soon be assisted by Thomas on Wednesday and Friday mornings - he is currently completing his ECE practicum in Richmond. Joe has been joined by David at the After School Program. David has just arrived here from Kenya; he is studying education and hopes to become a coach. I'm sure he will have lots of fun with all our 6-12 year olds!

Family Centre Summer Closure



Please note that the Family Centre will be closed on July 1st (Canada Day), and from Monday, August 8th until Monday, August 22nd.

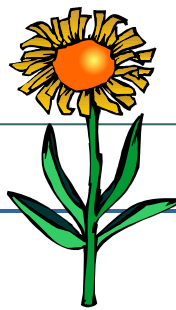
Saanich Summer Camps



Saanich Recreation offers a variety of full day and half day summer camps for children aged 3 and up. Also, family L.I.F.E. passes can be used towards these programs. For a user-friendly, easy-to-read schedule of the camps, please see the Summer Active Living Guides at:
<http://www.saanich.ca/parkrec/recreation/>

UVic Vikes Summer Camps

Vikes Athletics and Recreation offers a wide variety of high quality camps to best suit children's needs. Great camp T-shirts. Full-day camp 9 am - 4 pm daily. Before and after camp care available. For more information, and to download their brochure, go to:
<http://vikesrec.uvic.ca/summer-camps/>



Miki's Corner:

What's happening at our playgroups this month

As I write Miki's Corner for July, it is the middle of June and although we have had some warm and sunny days, it is still cool in the mornings which unfortunately has meant that we haven't been able to spend any time outside. I am hoping by the time July's Newsletter comes out that this will have changed for the better. By this Newsletter our butterflies should have emerged from their cocoons, and we will have released them so they can lay their eggs. We will be singing, moving and reading about fish and other sea creatures in the month of July. During the summer months, if the sun cooperates, we will spend most of the mornings outside, including circle time, sometimes a picnic snack time and of course the much enjoyed water table. Summer fun, here we come!

Contact Numbers



Housing Office: (250) 721-8395

Maintenance: (250) 721- 8658

Campus Security: 24 HOUR EMERGENCY / SAFE-WALK: 721-7599. Non-Emergency Phone: (250) 721-6683



Looking for more summer ideas? The Family Centre has a bulletin board listing community events and other local activities. Come by and check it out sometime!

The Greater Victoria Public Library Summer Programs



The Greater Victoria Public Library runs a variety of **FREE** summer programs for children of all ages. Some example programs include:

Children Storytimes: Storytime programs for babies, toddlers and preschool aged children. Storytime programs include a range of fun and enriching activities. For more information, and to register, please visit:

<http://gvpl.ca/programs-and-events/childrens-storytimes/>

Summer Reading Club: A self-paced summer reading club involving weekly prizes.

Reading Buddies: Children in grades 2-4 can get extra help with reading practice, literacy-based activities and fun with a volunteer big buddy. Pre-registration necessary.

For a comprehensive list of all programs, please the GVPL website at: <http://gvpl.ca/programs-and-events/>



Canada Day

Every July 1st, Canada celebrates its national day. Canada Day commemorates the date that three British colonies united into one country, Canada, in 1867. Most communities across the country will host organized celebrations for Canada Day, usually outdoor public events, such as parades and fireworks. For local Canada Day celebrations, check out page four of this newsletter. Happy 143rd Birthday, Canada. Please note the Family Centre is closed this day.



Good Food Box Reminder

Pick up (and drop off) order forms at the UVIC Family Centre OR at the UVSP office (in the SUB basement). Orders are due the 2nd Wednesday of the month (before noon), and boxes are delivered the following Wednesday. We are still brainstorming ways to get boxes delivered to the Family Centre—we will need volunteers! If anyone is interested in volunteering their time for a few hours on the 3rd Wednesday of the month, please contact Elizabeth at 250 589 2181 or by email at eriddett@uvic.ca

Swan Lake this Summer



Swan Lake Christmas Hill Nature Sanctuary runs a variety of nature-oriented summer programming for children of all ages. Some example programs include:

Nature Explorers Summer Sessions (6-10 year olds). Kids belong outside! Our nature classes focus on the natural wonders around Swan Lake, Christmas Hill and the Greater Victoria area. Each class has a different nature theme, which we interpret through games, stories, crafts and an outside ramble. A joyful nature experience is always our goal. Pre-registration required - call 250-479-0211

Biology Buddies Summer sessions (4-6 year olds). Mondays & Wednesdays, 9:30 to 11:30 a.m. or 1:00 to 3:00 p.m. Designed for the pre-schoolers, this series of four 2-hour programs provides a gentle introduction to nature for 4 to 6-year olds **Pre-registration required - call 250-479-0211**

Big and Little (4 to 6 year-olds and their adult friends). These fun and interactive programs include hands-on discovery, an outside ramble, a story and a craft to take home. Sign up for any or all sessions.

Drop-in sessions (for all ages). Summer themes include mammals, creatures of the night, reptiles, insects, and frogs.

For more information please visit their website at: <http://www.swanlake.bc.ca/>





Programs and Events

A great way to get connected!

Playgroups:

On Tuesday, Wednesday and Friday mornings from 10am-12pm, the Family Centre hosts fun and energetic playgroups. This summer the Tuesday morning Music and Movement Playgroup will be led by Miki., as Kathleen is on holidays. On Wednesday and Friday mornings, Miki also hosts playgroups involving arts and crafts, free play, circle time, and snack. Please bring hats and sunscreen because on sunny days we hope to have our playgroups outside! We look forward to seeing you and your little ones this month.

After School Club:

Please note that the After School Club is on holiday over the summer and will continue again in the fall.

Note: Make and Take

Need a girls night out? The Family Centre is open on Wednesday evenings from 7-9pm. Currently a group of mums are working on knitting projects, but feel free to bring your own craft project along and work on it while getting to know other women in the community. Don't have a craft project? Can only make it for an hour? Come anyway! The kettle is always on and we'd love to see you!

Canada Day is Friday, July 1st! The Family Centre will be closed on this day.

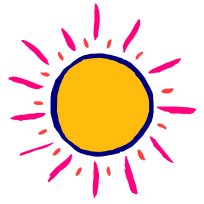
Community Events

Victoria Celebrates Canada Day, Friday, July 1st– Sunday, July 3rd, 12pm-10:30pm, Legislature Lawn, FREE

Family friendly events, music performances and fireworks. For more information and a detailed schedule of events and venues, visit: <http://www.victoriacanaday.ca/>



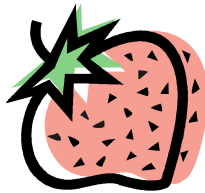
Community Events Continued...



Gorge Canada Day Picnic, Friday, July 1st, 8:30am-4:00pm, Gorge Waterway Park, FREE

Celebrate Canada Day along the Gorge Waterway with a pancake breakfast, family parade, stage entertainment, classic cars, kids' activities, canoe rides, buskers corner, street hockey, Strawberry Tea, Canada Day market, & more. For more information, please visit: <http://www.gorgetillicum.ca/>

Strawberry Festival, Sunday, July 10th, 11:00am-3:00pm, Beaver Lake Park, FREE



Activities will include a petting farm, information displays, face painting, program demonstrations, pony rides, relay races, arts & craft stations, a pie eating contest, bouncy castles and much more. Bring a blanket and enjoy a day at the beach while a variety of performers entertain on the main stage. The afternoon would not be complete without the traditional serving of strawberries and ice cream at 2:00 pm for only 50 cents.

Fun Day in the Park for CCFC, Saturday, July 23rd, 11:00am-4:00pm, Gyro Park (Cadboro Bay), FREE

Join us for our third annual Fun Day in the Park fundraiser with all proceeds going towards the Crohn's and Colitis Foundation of Canada. Bring your family and friends and take in some amazing live entertainment. Join in on our silent auction, bake sale, hamburger sale, raffles, CCFC bingo, Noodle Box tent game, mystery fish tank and much more. Everyone welcome! For more information, please visit: <http://www.fundayinthepark.ca/>

Music in the Park, Tuesday evenings July-August, 6pm-8pm, FREE

Be sure to highlight Tuesday evenings on your calendar for another exciting season of Music In The Park in Saanich. Every Tuesday evening enjoy music, face painting and crafts for kids in your local park. Bring a picnic dinner or purchase refreshments. For a list of venues and performers, please visit: <http://www.saanichsunfest.ca/>