

Tips about the Canadian community. Improve your English! Feel more confident about life in Canada.

How to keep your  
kids busy at home

How to keep your  
energy up during  
the winter months

ISSUE 3

# THE NEWCOMER MOM



North York  
Community  
House



Welcome to the new issue of Newcomer Moms! This Magazine is for newcomer mothers who have children in daycare, kindergarten, elementary and middle school. Here you'll find tips about the Canadian community that will help you to feel more confident in your new life in Canada.

## Hello, Moms!

In this issue, you will find out:

- How to keep your kids busy at home
- How to keep your energy up during the winter months

We will also sing one of the most popular holiday songs, and you can sing along with your children (and pets!) You will also find some ideas on how to make your own holiday cards.

We hope you'll find this information valuable and fun! If you need support, feel free to contact the Settlement Workers at your school!

# HOW TO KEEP YOUR KID BUSY



Moms can be really creative, right? Yes! But sometimes, we might run out of ideas on how to keep our kids busy.

We put together for you four creative ideas that will help your child have fun! And no, you will not need to go outside in the cold! Watch the video to find out what these activities are. Plus, there is a bonus idea...so watch the video until the end! And let us know which activity is your favourite!



 **WATCH NOW**

# HOW TO KEEP YOUR ENERGY UP DURING THE WINTER MONTHS

Winter is on our doorstep, and you already know what that means...



**WATCH NOW**

The days are getting shorter. You need to bundle up before leaving the house. You might not feel like doing things. (“Bundle up” means “dressing in layers because it’s cold outside.”)

That’s why we created a video for you when you can learn 3 tips to feel better during the winter months!  
And what do you do to feel well? Let us know!

# IMPROVING YOUR ENGLISH

Welcome back to our ESL Corner. Let's play a game! How many words connected with winter do you think you know?

Find the following words: blizzard, boots, chilly, cold, flurries, gloves, hat, icicles, mittens, scarf, sledding, toboggan, snowball, snowflake, snow, icy.

They can go:

- from the top to the bottom
- from left to right.

The answers are found below.



# IMPROVING YOUR ENGLISH

## Word Search

T	O	B	O	G	G	A	N	S	F	S
S	R	O	S	N	O	W	B	L	L	I
C	C	O	L	D	N	I	U	E	U	I
H	A	T	I	C	Y	N	Z	D	R	N
I	N	S	N	O	W	T	P	D	R	G
L	I	C	I	C	L	E	S	I	I	G
L	S	C	A	R	F	R	Q	N	E	L
Y	M	I	T	T	E	N	S	G	S	O
B	L	I	Z	Z	A	R	D	M	A	V
E	S	N	O	W	F	L	A	K	E	E
I	G	S	N	O	W	B	A	L	L	S

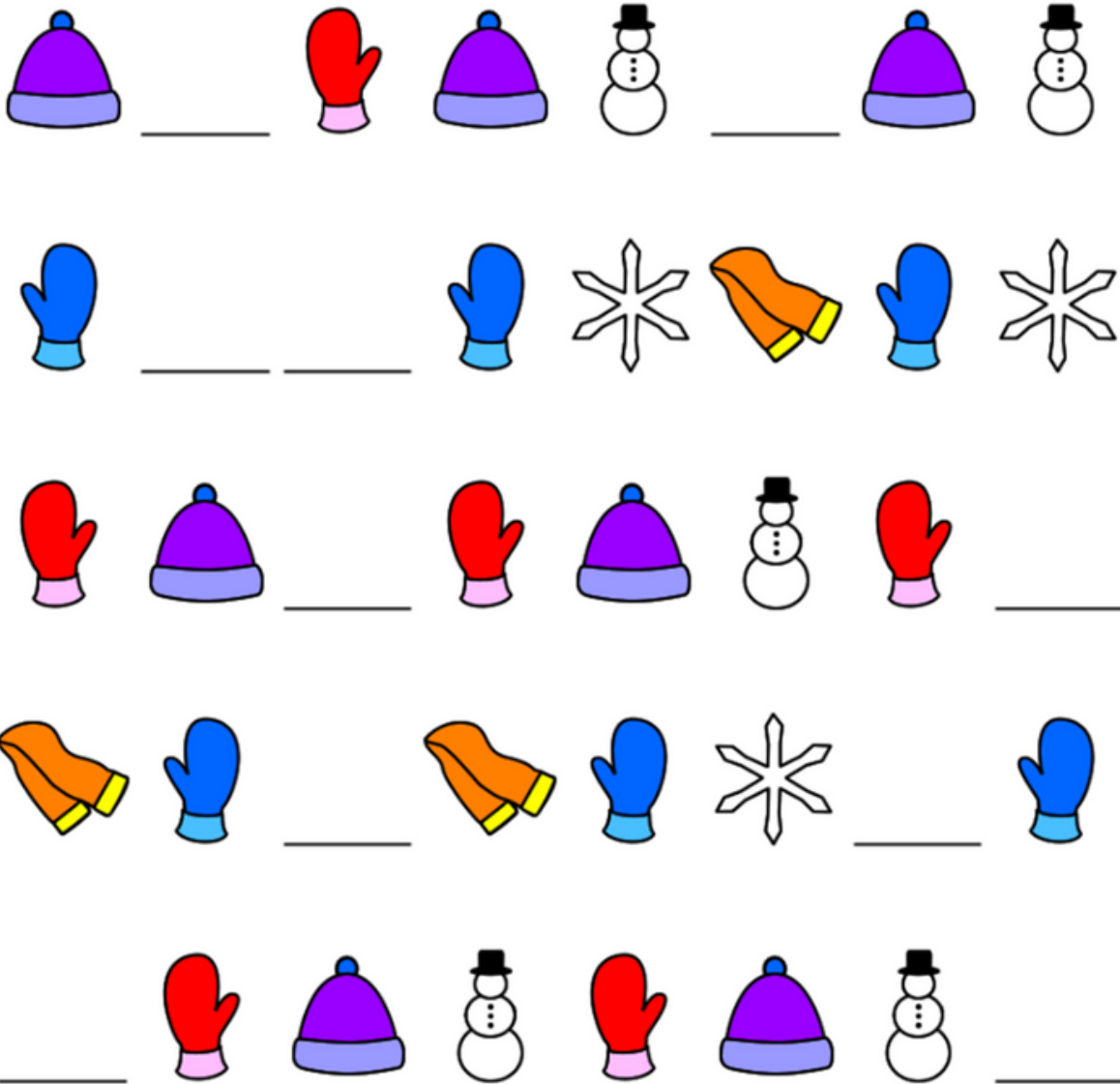
# IMPROVING YOUR ENGLISH

## Word Search - Answers

T	O	B	O	G	G	A	N	S	F	S
S	R	O	S	N	O	W	B	L	L	I
C	C	O	L	D	N	I	U	E	U	I
H	A	T	I	C	Y	N	Z	D	R	N
I	N	S	N	O	W	T	P	D	R	G
L	I	C	I	C	L	E	S	I	I	G
L	S	C	A	R	F	R	Q	N	E	L
Y	M	I	T	T	E	N	S	G	S	O
B	L	I	Z	Z	A	R	D	M	A	V
E	S	N	O	W	F	L	A	K	E	E
I	G	S	N	O	W	B	A	L	L	S

# IMPROVING YOUR ENGLISH

Add two missing shapes to complete each of the patterns below.





# North York Community House

## Who We Are:

North York Community House (NYCH) is a dynamic, multi-service neighbourhood centre that has been working with residents in under-resourced and low-income neighbourhoods of northwest Toronto for 30 years.

## What We Do:

We are committed to building strong, vibrant communities, and we do this by engaging residents, understanding their needs, and supporting them in achieving their goals.

## As a result of our work:

- newcomers are able to develop the skills, knowledge, and connections to settle, gain employment and build successful lives in their new home;
- children and youth are supported in becoming active, healthy citizens - gaining the skills, knowledge, and self-esteem they require to meet their long-term goals; and
- local residents are provided with training and opportunities that enable them to become leaders in improving their own lives and their neighbourhoods.

## How can we help you?

Learn more about our programs and services on our [website](#).

