

Victor Mager School Family Centre



81 Beliveau Rd
Winnipeg MB R2M 1S6

204-253-9873 email: joanne.kolt@lrsd.net

A place for families to play, learn and grow together
Supported by Healthy Child Manitoba, putting children
and families first

On Facebook @ Victor Mager Family Centre

January 2026

Tips for feeding your picky eater



Children need to try a new food **10 to 15 or even more times** (sometimes up to 20+) before they accept or like it -patience is key, and it's normal for them to need many exposures seeing, touching, or smelling it.

Offer new foods multiple times (10-15+), prepared in different ways, alongside familiar favorites.

Avoid bribing, punishing, or forcing them to eat; let them explore at their own pace to build positive associations. **Avoid telling children they won't eat or like something** if they hear you they may just listen to you.

Let children help with meal prep (washing veggies, stirring) to spark curiosity.

Use liked dips or seasonings to make new veggies more approachable.

Eat the same foods with enthusiasm at family meals to show enjoyment. (this is the magic that happens in the Family Centre)

Think about what they eat in a week rather than a day some days toddlers eat very little but other days are hungry days and they eat everything.

**** By age 4 most children have near adult level self feeding skills they can cut soft foods, peel fruit and feed themselves this is a skill they will require for kindergarten. Learning this skill takes practice and means things can get messy, that's ok they are learning this skill.**

Construction !!!!

Construction has finished on an accessible ramp for our front door. YAY!



Construction has begun on the commercial kitchen in the community room.

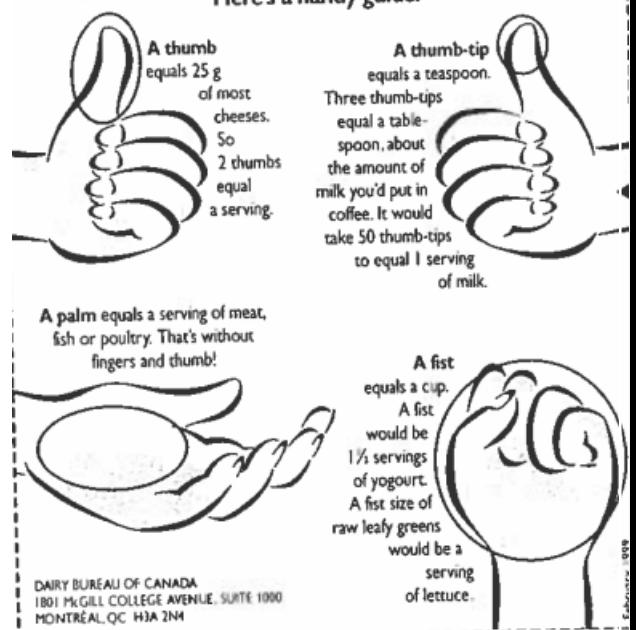
Please bear with us during this time.

Please enter and exit through the East side playground door, changes are being made within the school so students will be exiting the school through different doors and may cause some congestion in the hallways.

As winter arrives students will be dressing and undressing into and out of snowsuits this takes floor space, and makes it difficult to navigate around with strollers.

If you are dropping students off at the back door...please walk around the outside of the school and enter from the East side playground door.

What's a serving size actually look like?
Here's a handy guide:



DAIRY BUREAU OF CANADA
1801 MCGILL COLLEGE AVENUE, SUITE 1000
MONTREAL, QC H3A 2N4



Victor Mager Family Centre

January 2026



Monday	Tuesday	Wednesday	Thursday	Friday
5 <i>Stay & Play Drop in 9:00 to 11:15</i> <i>Stay & Play Drop in 1:00 to 3:15</i>	6 <i>Stay & Play Drop in 9:00 to 11:15</i> <i>Stay & Play Drop in 1:00 to 3:15</i> <i>Gym 2:15-2:30</i>	7 <i>Stay & Play Drop in 9:00 to 11:15</i> <i>Stay & Play Drop in 1:00 to 3:15</i>	8 <i>Stay & Play Drop in 9:00 to 11:15</i> <i>Stay & Play Drop in 1:00 to 3:15</i>	9 <i>Stay & Play Drop in 9:00 to 11:15</i> <i>Afternoon CLOSED</i>
12 <i>Stay & Play Drop in 9:00 to 11:15</i> <i>Stay & Play Drop in 1:00 to 3:15</i>	13 <i>Stay & Play Drop in 9:00 to 11:15</i> <i>Stay & Play Drop in 1:00 to 3:15</i>	14 <i>Stay & Play Drop in 9:00 to 11:15</i> <i>Stay & Play Drop in 1:00 to 3:15</i> <i>Gym 2:15-2:30</i>	16 <i>Stay & Play Drop in 9:00 to 11:15</i> <i>Stay & Play Drop in 1:00 to 3:15</i>	17 <i>Stay & Play Drop in 9:00 to 11:15</i> <i>Afternoon CLOSED</i>
19 <i>Stay & Play Drop in 9:00 to 11:15</i> <i>Stay & Play Drop in 1:00 to 3:15</i> <i>Gym 2:15-2:30</i>	20 <i>Stay & Play Drop in 9:00 to 11:15</i> <i>Stay & Play Drop in 1:00 to 3:15</i>	21 <i>Stay & Play Drop in 9:00 to 11:15</i> <i>Stay & Play Drop in 1:00 to 3:15</i>	22 <i>Stay & Play Drop in 9:00 to 11:15</i> <i>Stay & Play Drop in 1:00 to 3:15</i> <i>Gym 2:15-2:30</i>	23 <i>Stay & Play Drop in 9:00 to 11:15</i> <i>Afternoon CLOSED</i>
26 <i>Stay & Play Drop in 9:00 to 11:15</i> Make and Take Playdough <i>Stay & Play Drop in 1:00 to 3:15</i>	27 <i>Stay & Play Drop in 9:00 to 11:15</i> <i>Stay & Play Drop in 1:00 to 2:15</i> Early Dismissal No snack	28 <i>Stay & Play Drop in 9:00 to 11:15</i> <i>Stay & Play Drop in 1:00 to 3:15</i>	29 <i>Stay & Play Drop in 9:00 to 11:15</i> <i>Stay & Play Drop in 1:00 to 3:15</i>	30 <i>Stay & Play Drop in 9:00 to 11:15</i> <i>Afternoon CLOSED</i>