

Winter Blah's?

Everybody has them. Everybody dreads them. The Winter Blah's. That feeling of being closed in, cooped up, cabin fever. As adults we recognize the symptoms in ourselves and yet countless parents come to me everyday and proclaim their 4 year old is just not himself; grumpy, gets into trouble and generally difficult. What could be causing it?

Young children are full of energy; from the time they get up in the morning until they drop into their beds at night, they want to move and explore.

Canadian winters are their enemies. Cold temperatures force parents to limit their children's outdoor activities, snow-suits limit their mobility and snow, although exciting, limits their choice of activities. The result is the frustrated 4 year old who wants to run and climb but is stuck inside on a cold and wet day.

Indoor playgrounds were developed for just these reasons. They allow children to run, play, climb, and explore in a climate controlled environment. Indoor playgrounds stimulate their imagination and encourage social interaction and active play in a safe area.

Indoor playgrounds, such as Play Junction, cater to young children. Large climbing structures allow the children the physical challenges they need to continue to develop their gross motor skills. When offered indoors, the surfaces are not slippery and the puddles are not obstacles. Ride on toys are key to developing a variety of muscular skills and yet children frequently miss the opportunity to use them for 4-5 months of the year. Foam blocks, dramatic play areas and the ball pit continue to add to the active experience for

the children.

Pre-schoolers particularly need a variety of activities and experiences over the week to encourage balanced development. Play Junction's preschool programs offer a unique balance of cognitive and fine motor activities and gross motor stimulation. Licensed with the Ministry of Community and Social Services, our programs are designed to introduce children to school and learning in a positive and stimulating way. School is a good place to be! Learning is an exciting adventure! Monthly themes and activity centres allow children to continue to develop new skills and interests over the course of the year.

This demand for physical movement is increased when children are excited. Winter birthday parties were not designed to test the nerves of parents - they simply are a fact of life. Indoor playgrounds aim to make them a more enjoyable experience for everyone involved. Although most offer a variety of packages from do-it-yourself to leave-it-all-to-us, they offer a safe, supervised environment for active play. Excited children with lots of energy want to run and play, the winter months merely increase the needs for these activities. Play Junction caters the party to meet your needs - choose a theme or simply enjoy free play. Regardless, your living room furniture is not a trampoline and your rugs do not need to be replaced at the end of your child's special event.

Next Saturday morning when your 4 year old is grumpy and generally out of sorts and it's too cold or wet to play outside, visit an indoor playground! You'll both feel better.



Store Hours:
Monday - Friday
 7:00 a.m. to 7:00 p.m.
Saturday
 8:00 a.m. to 5:00 p.m.
Sunday
 10:00 a.m. to 4 p.m.

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"La Vita" means "life" in Italian. Our mission is to provide our Customers with the finest quality breads, baked goods, pastries, cakes, deli meats, cheeses, coffees, hot prepared meals, freshly made deli sandwiches and frozen gourmet prepared foods every day.

We also offer: Personalized Cakes for all occasions, Oven baked Pizza by the slice (or whole) and Catering for all of your culinary needs.

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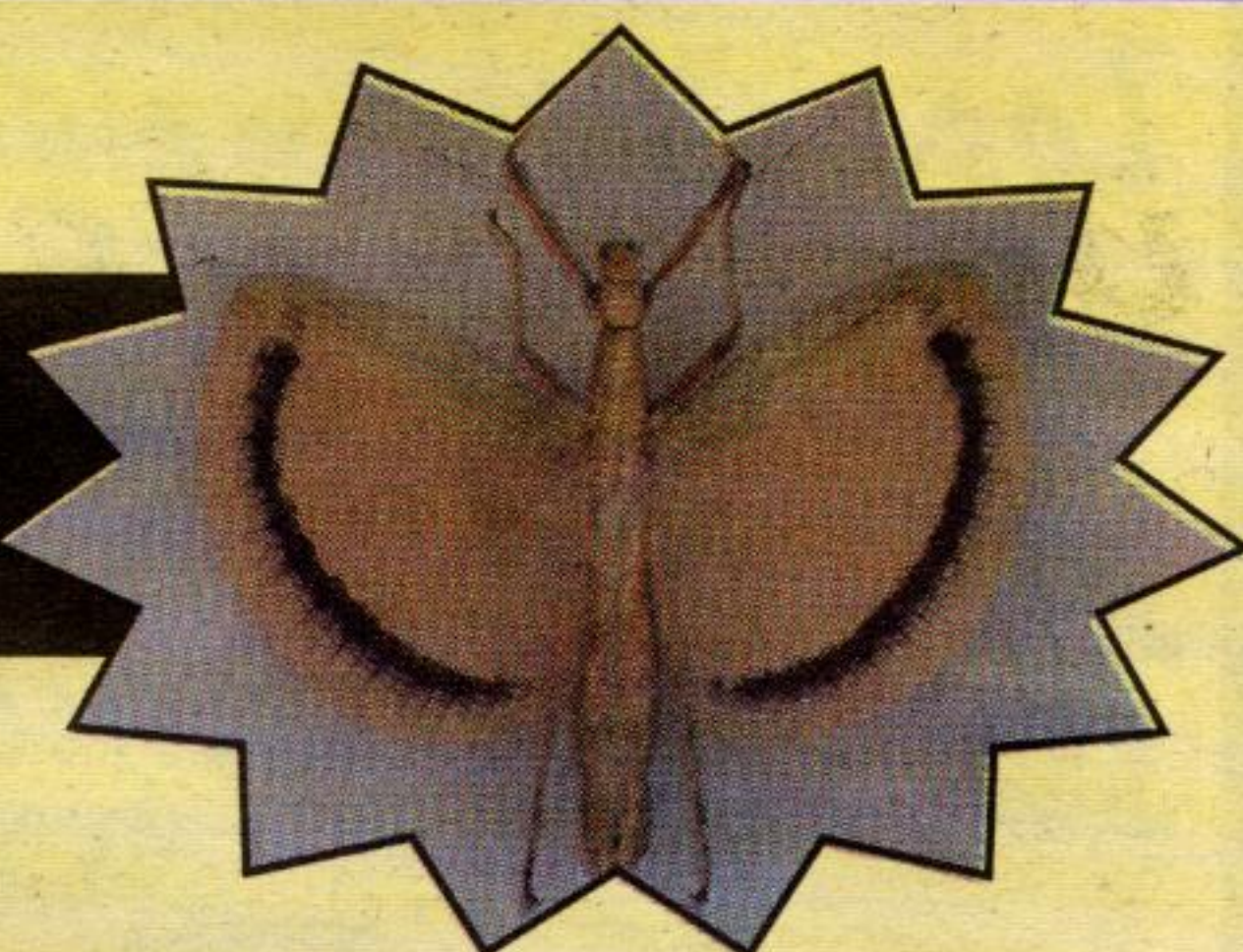
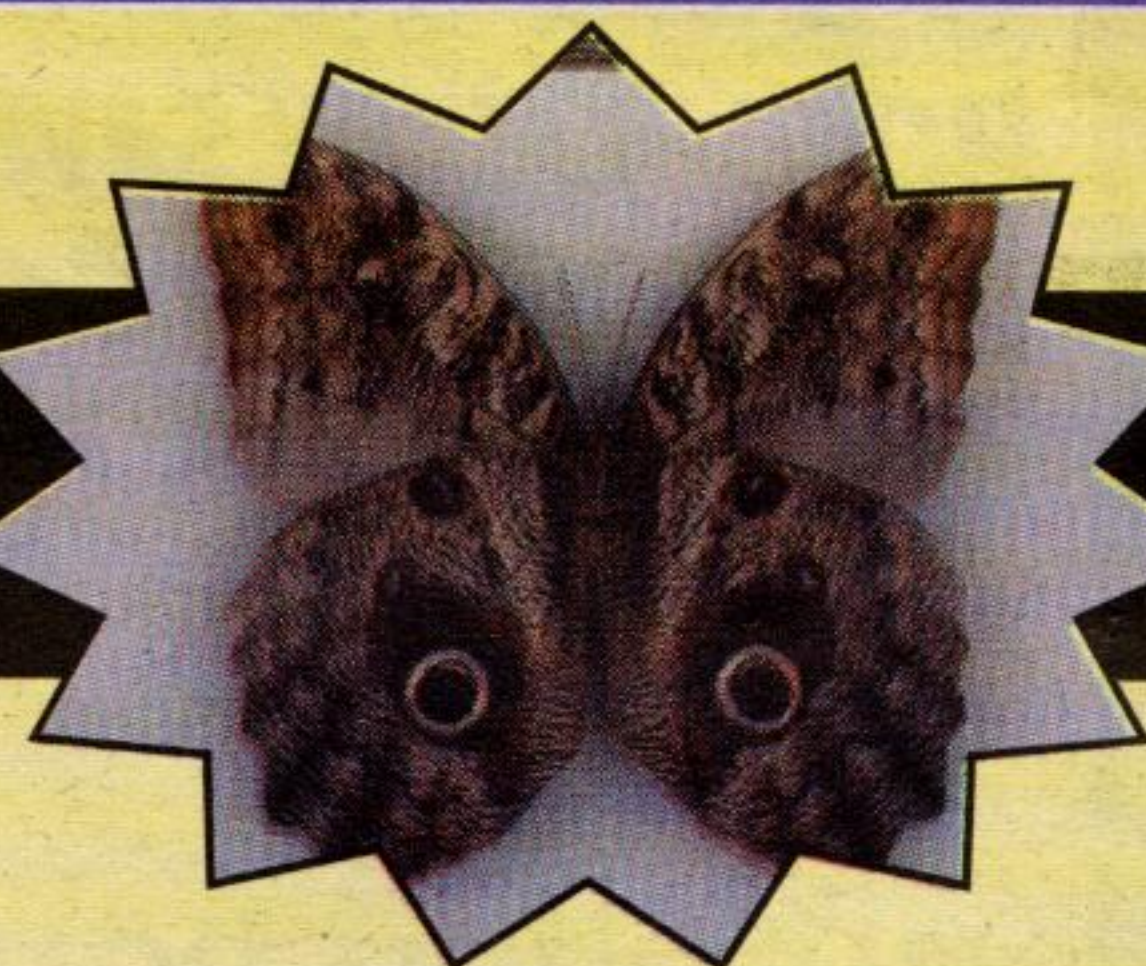
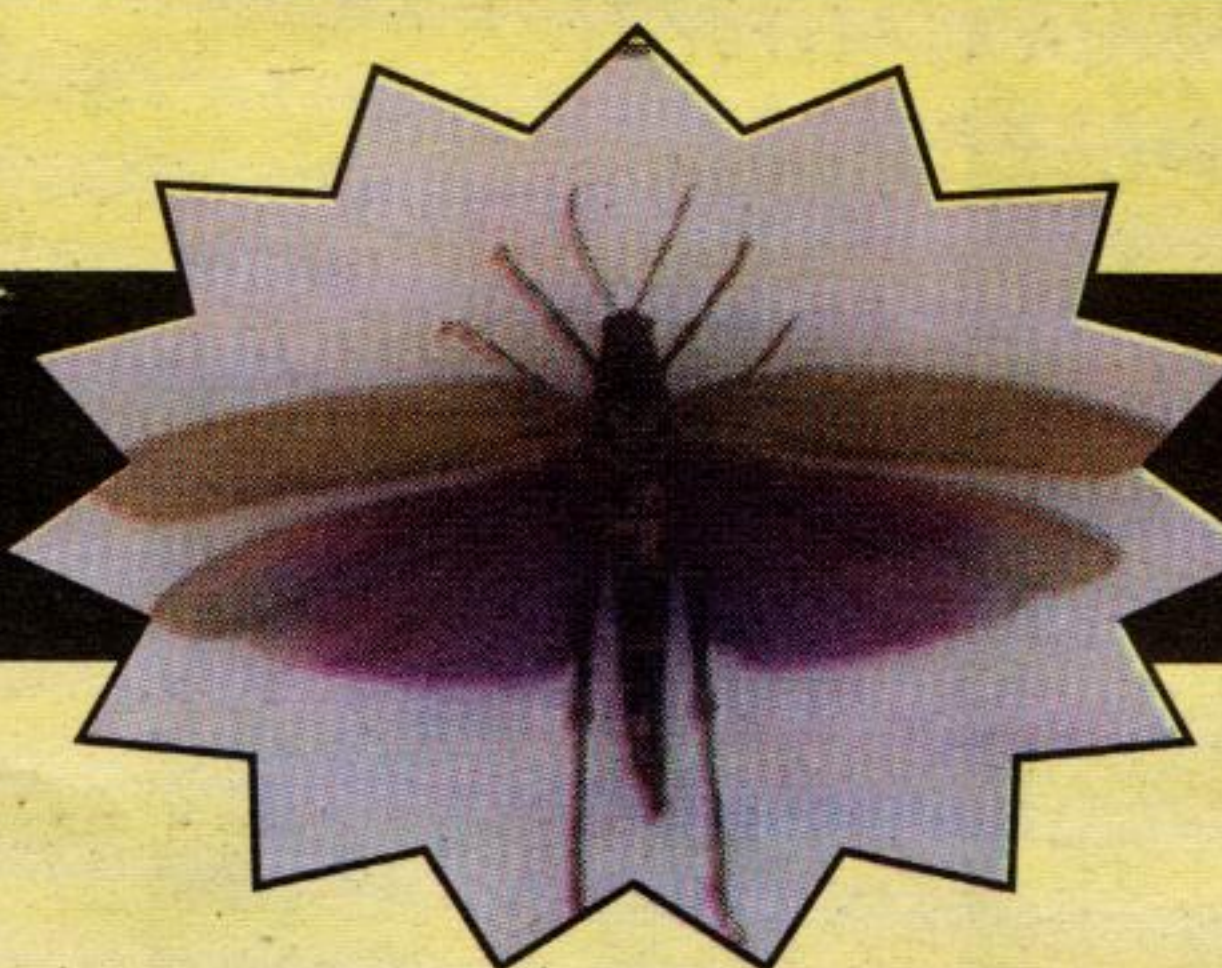
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