



# Healthy STEPS

Preschool Parents Newsletter



Compliments of Assiniboine North Parent Child Coalition

Working with parents, caregivers and service providers to ensure children are healthy and happy. Contact Antoinette @ agravelouellette@pmh-mb.ca or 204.573.0188 for more information

## Getting into Routine

### Itsy Bitsy & Great Big Spider

The Itsy Bitsy Spider  
 climbed up the water spout.  
 (climb fingers upwards)  
 Down came the rain and  
 washed the spider out.  
 (twinkle fingers downwards)  
 Out came the sun and dried  
 up all the rain.  
 (circle arms above head)  
 So the Itsy Bitsy spider  
 climbed up the spout again!  
 (climb fingers upwards)

- Repeat by replacing "Itsy Bitsy" with "Great Big". Use loud voice and Clap hands when climbing up spout.



#### Spider Bites

- Baby Bell Cheese
- Pretzel Sticks
- Mini Chocolate Chips

Find this snack idea & many more at <https://www.superhealthykids.com>

### Why is a Routine So Important for Children?

Routines provide children with a sense of security and control over their environment. Having this security helps them develop self confidence, curiosity, emotional regulation skills, and gives them daily opportunities to practice their basic skills. Predictable routines also lower stress & anxiety.

*Routines can still be flexible!*

Daily routines are often in place for wake up time/getting ready for day, meal times, snack times & bed time. We all get a little cranky when we're hungry or tired, routines help to keep that from happening!

#### Example Bedtime Routine:

- 7/7:30—Bathtime/PJ's/Brush Teeth
- 7:30/8—Story Time &Talk about Day
- 8/8:30—Tuck in/Lights Out



*"I may not be able to give my kids everything they want, but I give them what they need: love, time, and attention.*

*You can't buy those things."*

*—Nishan Panwar*

## October Programs 2024

### Birtle

**Healthy Baby**  
**NO HEALTHY BABY IN PERSON**  
**SESSIONS**

### Carberry

**Step 2 Stay Tuned!!**

#### **Healthy Baby**

Alexandra Lozada-Gobeia,  
Carberry Healthy Baby Facilitator  
Carberry Health Center Boardroom  
4th Tuesday 10-12  
[alozadagobeia@pmh-mb.ca](mailto:alozadagobeia@pmh-mb.ca)  
(204) 476-7554

### Erickson

#### **Healthy Baby**

Alexandra Lozada-Gobeia,  
Lutheran Church  
3rd Monday 1:00—3:00  
[alozadagobeia@pmh-mb.ca](mailto:alozadagobeia@pmh-mb.ca)  
(204) 476-7554

### Hamiota

**NO HEALTHY BABY IN PERSON**  
**SESSIONS**

### Minnedosa

**Together We Can, Together We Are**

Minnedosa United Church  
2nd and 4th Wednesday 10-Noon  
Contact Denise @ 849.2263 or  
email [parentinginpurple@gmail.com](mailto:parentinginpurple@gmail.com)

#### **Healthy Baby**

Alexandra Lozada-Gobeia,  
Minnedosa Healthy Baby Facilitator  
Minnedosa United Church  
3rd Tuesday 10-12  
[alozadagobeia@pmh-mb.ca](mailto:alozadagobeia@pmh-mb.ca) (204) 476-7554

**If you are interested in online Healthy Baby that happens  
the 4th Monday of each month  
please contact Call 204-578-2545 Shauna**

## Neepawa

### Cooking with Kids! Registration Required

**October 15th and 29th 9:30-11:30**  
**Email [agravelouellette@pmh-mb.ca](mailto:agravelouellette@pmh-mb.ca)**

#### **Intergenerational Rhyme Time**

**Kinsmen Courts**  
**307 Davidson St 10:00am**  
**Oct. 7, 21,28**

#### **Healthy Baby**

Alexandra Lozada-Gobeia,  
Neepawa Healthy Baby Facilitator  
Neepawa Library  
2nd Tuesday 10-12  
[alozadagobeia@pmh-mb.ca](mailto:alozadagobeia@pmh-mb.ca)  
(204) 476-7554

#### **Healthy Baby**

Alexandra Lozada-Gobeia,  
Neepawa Healthy Baby Facilitator  
Neepawa Settlement Services  
2nd Tuesday 1:30—3:30  
[alozadagobeia@pmh-mb.ca](mailto:alozadagobeia@pmh-mb.ca)  
(204) 476-7554

### Rivers

#### **Cooking with Kids**

**Oct. 25th 11-1**

**Registration required 204.573.0188 or**  
**[agravelouellette@pmh-mb.ca](mailto:agravelouellette@pmh-mb.ca)**

#### **Step 2**

**Rivers United Church**  
**Oct. 4, 18th Nov. 1, 15, 29 Dec. 13**  
**Drop in Group 9:00— 11:00**  
**Contact Jennifer triple\_e12@yahoo.com**

#### **Healthy Baby**

Wednesday Oct. 16 1:00– 3:00  
Zion Church 580 Main Street  
[swoodmass@pmh-mb.ca](mailto:swoodmass@pmh-mb.ca)  
204-578-2545

### Russell

#### **Healthy Baby**

Alexandra Lozada-Gobeia  
Russel Healthy Baby Facilitator  
Multiplex Bunge Room  
Contact Alexandra for updated date  
[alozadagobeia@pmh-mb.ca](mailto:alozadagobeia@pmh-mb.ca)  
(204) 476-7554