



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 at agravelouellette@pmh-mb.ca or call 1.204.764.4232 for more information

The Value of Tradition

What is your families holiday traditions? Traditions are important to children as they nurture family connections that give a sense of belonging. Children crave the warmth and wonderment that give the expected routine to their lives.

Traditions do not need to be elaborate or expensive. Our family tradition started many years ago with Christmas Eve. Wearing our PJ's and eating pancakes. That way no one needs to worry about what to wear (great time to give a new pair of PJ's!) and not a lot of fuss about what to eat. Everyone brings different topping to share!



So important now with Covid happening to find new ways of connecting and keeping in touch. Some families have weekly zoom calls where they play games all together.

These times sure have helped us get out of the box and think in new ways!!
What new ways are you connecting.

Dance Like Snowflakes (sung to the tune of *Frere Jacques*)

Dance like snowflakes,
Dance like snowflakes,
In the air,
In the air,
Whirling, twirling snowflakes,
Whirling, twirling snowflakes,
Here and there,



Reindeer Celery Snacks

Ingredients

- Celery Fresh Cranberries Twist Pretzels Peanut Butter Nutella

Candy Eyes

Instructions

Cut celery 3-4 inches long. Fill some with peanut butter and some with Nutella.

1. Break pretzels in half and place near the top of the celery to represent the antlers.
2. Add 2 eyes and a cranberry for the nose.

An easy and fun healthy snack to enjoy for the Holidays!



We partnered with Rossburn Subdivision Trail Ass. and the town of Russell Recreation and came up with a **Storybook Trail!**

We hoped to get it going when the weather was still warmer and yet it still will be fun to do in the winter!. You walk from one post to the next to read the story, Great outdoor activity for both physically getting out there and fun to read with your children!

Make sure you check it out when in Russell!



Now happening!

*On the coalition Facebook page live!
Come Play with Tracy!
Online parent child program
Wed. 10-10:30
Get Ready to Settle with Tracy
Wed. Evenings 6:30 contact Tracy
tbwark@rrsd.mb.ca*

*Mothers Helping Mothers Support
group for Moms by Zoom 6:30-8:00
1st and 3rd Tuesdays
Contact Taneal @ 204-821-6686*

*Minnedosa's Together We Can,
Together We Are Online program
Tuesday mornings 10am. Contact
Denise @ 849-2263 or email
parentinginpurple@gmail.com*

*Parenting Styles...Which One are You?
Online Dec. 9th 1:30-3:00 Contact
Antoinette for more info or log in info*

*Healthy Baby Sessions are talking place
in various ways. If you are interested
please contact*

*Call 204-578-2545 for the most up to
date information about our sessions
during Covid 19.*

Facilitators to contact:

Healthy Baby Carberry, Minnedosa,
Neepawa Library 3rd and 4th Tuesday at
11 and 2 Contact Alexandra for log in nfo
204-476-7842

Kristie: 204-748-2321 (Rivers, Hamiota,
Birtle, Russell)

**“Supported by Child and Youth
Services, Department of Families”**



Nothing beats getting outside and in nature and the fresh air

Icon	App Name	Web Address
	Mindshift	www.anxietybc.com/resources/mindshift-app
	Five Ways To Wellbeing	Available for download at Google Play or Apple App Store
	SAM - Self-Help Anxiety Management	https://sam-app.org.uk
	Happy Healthy	www.happyhealthyapp.com
	BellyBio Interactive Breathing	https://itunes.apple.com/ca/app/bellybio-interactive-breathing/id353763955?mt=8
	Stop-Breathe-Think	www.stopbreathethink.org
	7 Minute Workout	https://7minuteworkout.inj.com/
	Daily Yoga	www.dailyyoga.com
	Calm in the Storm	http://calminthestormapp.com
	3 Minute Mindfulness	https://itunes.apple.com/us/app/3-minute-mindfulness-fast/id982502810?mt=8

**Wed. Dec. 16th 10-11 Holiday story,
rhyme and baking Online
10-11am Contact Antoinette for more
info and to have the
ingredients sent to you!**

**When you are out and doing the
storybook trail, send us a pic
for a chance to pick the next
story!**