



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 204-764-4232 for more information

Holiday Season!

Remember that kids need your presence more than your presents!

1. **Gifts, gifts, gifts:** Getting presents is a high point of the holidays for any kid, but they shouldn't be the only focus. As adults we know that giving presents can be just as rewarding as getting them, and we shouldn't wait to teach that lesson to our children. Even when kids are too young to buy a present, they can still make one, or help you pick out something.

2. **Let them help out:** There's a lot of extra work to do around the holidays — putting up decorations, cooking big dinners, throwing parties. The Martha Stewart in all of us can take over, but it's important to take a step back and make sure our kids are included, too.

Children can help set the table, decorate the house, and wrap presents. If they're too young to wrap, they can help by holding down the paper or getting the tape ready — there's always something kids can do. And at holiday time, the preparations are often as fun and as meaningful as the end product.

3. **Keep routines:** We love the holidays because they give us a break from the everyday, but that can also make them stressful, especially for kids who find routine comforting. Try to keep some things constant. Kids still need snack time, they still need special attention from you, and they still need a chance to unwind before bedtime.

4. **Remember they're kids:** Some holiday traditions depend on kids being on their best behavior: lengthy services, parties with lots of strangers, elaborate meals that may not appeal to picky eaters. Try to keep those to a minimum and customize festivities for your kids' frustration level. Don't schedule more than one demanding event in a day, and make sure to include physical activity and plenty of downtime. Your kids will be grateful — and so will you.

Take the time to reflect and be present to one another and make memories!



December. 2023

Birtle

Healthy Baby

Stephanie Tourond,

Healthy Baby Facilitator

Wednesday Dec. 20th 1:30 to 3:30

Birtle Health Center Boardroom

STourond@pmh-mb.ca (204) 748-2321 ext. 294

Carberry Step 2/Looking for a Facilitator!!

*For more info contact Callie at
rec@townofcarberry.ca*

Healthy Baby

Alexandra Lozada-Gobe,

Carberry Healthy Baby Facilitator

Carberry Health Center Boardroom

4th Tuesday 10-12

alozadagobe@pmh-mb.ca (204) 476-7554

Hamiota

Healthy Baby

Stephanie Tourond,

Healthy Baby Facilitator

3rd Tuesday Dec. 19th 10am to Noon

Cornerstone Pentecostal Church

STourond@pmh-mb.ca (204) 748-2321 ext. 294

Minnedosa

*Together We Can, Together We Are
Minnedosa United Church 2nd and 4th
Wednesday Dec. 6th & 20th 10-Noon
Contact Denise @ 849.2263 or
email parentinginpurple@gmail.com*

Healthy Baby

Alexandra Lozada-Gobe,

Minnedosa Healthy Baby Facilitator

Minnedosa United Church

3rd Tuesday 10-12

alozadagobe@pmh-mb.ca (204) 476-7554

*If you are interested in online Healthy Baby
please contact Call 204-578-2545 Shauna*

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

Neepawa

Healthy Baby

Alexandra Lozada-Gobe,

Neepawa Healthy Baby Facilitator

Neepawa Library

2nd Tuesday 10-12

alozadagobe@pmh-mb.ca (204) 476-7554

Healthy Baby

Alexandra Lozada-Gobe,

Neepawa Healthy Baby Facilitator

Neepawa Settlement Services

2nd Tuesday 1:30—3:30

alozadagobe@pmh-mb.ca (204) 476-7554

Rivers

**Because I Love You 6 week program starts
Jan. 10th 9:15-10:45**

Contact Antoinette to register!

Healthy Baby

Stephanie Tourond,

Healthy Baby Facilitator

Rivers 2nd Wed. Dec. 13th

10am to Noon

Zion Church 580 Main Street

STourond@pmh-mb.ca (204) 748-2321 ext. 294

Russell Stay & Play

Tuesday Dec. 12th 9:30—11:30

Bunge Room at Russell Memorial Multiplex

Contact Amy @ recreation@mrbgov.com or

204-773-2422 / Cell 204-821-8285

Healthy Baby

Stephanie Tourond,

Healthy Baby Facilitator

Multiplex Bunge Room

3rd Wednesday Dec. 20th 10:15 to 12:15

STourond@pmh-mb.ca (204) 748-2321 ext. 294

Fun things to make with your kids!
[https://www.tasteofhome.com/collection/
christmas-recipes-for-kids/](https://www.tasteofhome.com/collection/christmas-recipes-for-kids/)

