

# Healthy STEPS

## Preschool Parents Newsletter



Compliments of The Parent Child Connection  
Assiniboine North Parent Child Coalition

Working with parents, caregivers and service providers to ensure children are healthy and happy.  
Contact Antoinette@ 204 764-4232 for information or submissions by the 15th of the previous month.

**Movement is key, to success!**



Two little hands go clap, clap, clap  
Two little feet go tap, tap, tap,

**Kids who MOVE succeed!**

positive choices  
competence fun  
confidence  
motor development  
physical literacy  
fundamental movement skills  
motivation understanding  
happiness participate successful  
knowledge essential

growth catch throw hop run  
games swim sport play  
active for life  
social inclusion skate health  
jump

**movement**  
ABC's 123's and do-re-mi's

Just like reading and writing,  
kids need to learn how to move.

**A growing body of evidence indicates that physical activity in childhood is essential for a healthy brain and leads to improved:**

- thinking and learning, emotional regulation and self-control, problem-solving ability, memory,
- brain plasticity – the growth of new brain tissue, stress management, ability to cope with anxiety and depressive symptoms, self-esteem and self-worth, attention and focus.



**Kids + Steps + Sweat = Healthier Brains**

# October 2018



Please contact Antoinette if you would like specific programming in your community.

## BIRTLE:

Healthy Baby: First Thursday of the month in Oct. Dec. From 10-noon @ the United church Contact your public health nurse for more info

Parent & Tot Yoga: Starts Oct. 1 Monday mornings 11-12, contact Valley Recreation 204-842-3460 recreation@myprairieview.ca to register

## CARBERRY

Healthy Baby: 4th Wednesday of the month from 10-noon @ The Carberry Plains Health Centre. Alexandra @ 476-7842

Story time at the Library: Thursdays at 10:00 at the Carberry North Cypress library.

## HAMIOTA

Healthy Baby: 2nd Wednesday of the month @ 10-noon Cornerstone Church Contact public health nurse

## KENTON

Kenton Play Group Every other Friday @ the Kenton Hall @ 10:30 contact Nicole 838-2423

## MINNEDOSA

Healthy Baby: 3rd Tuesday of the month @ St. Mark's Anglican Church from 10-noon Contact Alexandra 476-7842

United We Can: 2nd & 4th Thursdays @ 10-noon Minnedosa United Church, contact Denise @ 849-2263



## NEEPAWA

Healthy Baby: 2nd Tuesday of the month @ Neepawa Public Library from 10-noon

Neepawa & Area Immigrant Settlement Services 4th Tuesday of the month 1:30-3:30 Contact Alexandra 476-7842  
Step Together: 1st and 3rd Wed. of the month 9:30-11:30 at the United Church Text Val @ 841-4315

Shake, Rattle and Roll: Starts Oct. 12th, Contact Neepawa Settlement Services for information

Dad's Nobody's Perfect starts Oct. 1st Contact Neepawa Settlement Services to register

## OAKBURN

Information on small, intimate nursery school: contact Cindy 204-234-5341

## RIVERS

Healthy Baby: 3rd Tuesday of month from 10-noon @ Zion Church. Contact Denise @ 204-748-2321 ext 294

Coming in October Rock n Read check out Facebook page for details!

More programming coming soon!!

## RUSSELL

Healthy Baby: 2nd Thursday of the month from 10-noon @ Russell United Church. Contact public health nurse

Mothers Helping Mothers: Mothers support group Starting back Oct. 2nd 1st and 3rd Tues. Contact Taneal @ 821-6686

Circle of Security: Starting Oct. 23 every second week. Contact Lauren Fingas to register at 773-7563

## SHOAL LAKE

Healthy Baby: 1st Thursday in Sept. & Nov. from 10-noon @ United Church Contact your public health nurse for more info

## STRATHCLAIR

WE CAN!: 1st and 3rd Thursday (Mostly) from 10 to noon Oct. 4, 18, Nov. 1, 15, 29 Dec. 13 at the Baptist Church Contact Denise @ 849-2263

Physical Literacy Training in Shoal Lake Nov. 14th contact me if interested

If you would prefer us to send you this via email please email to let us know! agravelouellette@pmh-mb.ca 204-764-4232

"Supported by Healthy Child Manitoba- Putting children and families first"