

Compliments of :

# The Parent Child Connect (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.

# A gift from the heart.....

# What's the most important thing you can do with your kids?

Eat dinner with them. Anne Fishel

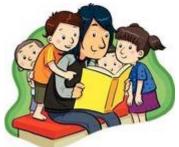


# KEEP IT SIMPLE:

"I love to read" month

The 2nd most important thing you can do with your child?

# Read a book with them!



Spending time with each other? ....the greatest gift of all.....

- No technology on— in the room or at the table
- This is a time for warmth, listening, caring
- Share positive experiences-create stronger connections
- Less stress = better relationships

# It's all about being together!

Conversation starters could include:

- What is your favourite color? Food? Activity?
- If you could have any superpower, what would it be? Why?
- What do you want to be when you grow up?
- If we could go anywhere on vacation, where would you like to go?
- Did you help anyone today? Did anyone help you?
- What were the best and worst things that happened today?

https://www.lapetite.com/parent-resource-center/blog/2017/12/ table-talk/



Please contact Antoinette if you would like specific programing in your community. BINSCARTH:

Coming soon Shake, Rattle and Roll! BIRTLE:

<u>Healthy Baby:</u> First Tuesday of the month in Feb., April, June, Aug. Oct. Dec. From 10-noon @ the United church Contact your public health nurse for more info <u>Parent Toddlers Yoga</u> Feb. 8,15,22, March 1,8,15 from 10:30-11:30 Contact Michelle to register 842-3460 or recreation@myprairieview.ca <u>Food & Fun:</u> Feb.9 @ 11:00-12:30 Contact Chantal to register 764-4231

#### CARBERRY

<u>Healthy Baby</u>: 4th Wednesday of the month from 10-noon @ The Carberry Plains Health Centre. Alexandra @ 476-7842 <u>Intentional Parenting</u>: Sat. Feb. 10 from

10-4 @ daycare. Lana 834-3690 <u>Story time at the Library:</u> Thursdays at 10:00 at the Carberry North Cypress library.

### HAMIOTA

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

### KENTON

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

# MINIOTA

<u>Parent Toddler Yoga</u> Starts Feb. 6,13,20,27, March 6,13 Contact Michelle to register 842-3460 or recreation@myprairieview.ca

# MINNEDOSA

<u>Healthy Baby</u>: 3rd Tuesday of the month @ St. Mark's Anglican Church from 10-noon Contact Alexandra 476-7842 <u>United We Can</u>: 2nd & 4th Wednesdays@ 10 -noon Minnedosa United Church, contact Denise @ 849-2263

### NEEPAWA

<u>Healthy Baby</u>: 2nd Tuesday of the month @Neepawa Public Library from 10-noon Contact Alexandra 476-7842

# NEEPAWA

<u>Neepawa & Area Immigrant Settlement</u> <u>Services</u> 4th Tuesday of the month 1:30-3:30 Contact Alexandra 476-7842 <u>Step Together:</u> 1st and 3rd Wed. of the month 9:30 -11:30 at the United Church Text Val @ 841-4315 <u>Wiggle, Giggle and Munch:</u> Feb. 1-March 1st Thurs. mornings @ Arts Forward Contact Nicole 476-7614

#### OAKBURN

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

### RIVERS

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

#### RUSSELL

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

Coming Soon Circle of Security

#### SHOAL LAKE

<u>Healthy Baby</u>: 1st Tuesday of the following months Jan., March, May, July, Sept. Nov. from 10-noon @ United Church Contact your public health nurse for more info

Coming soon Shake, Rattle and Roll

SIOUX VALLEY: <u>Nobody's Perfect</u> Contact Kim McKay @ 855-2536

STRATHCLAIR <u>WE CAN!</u>: 1st and 3rd Wednesday from 10 to noon at the Baptist Church Contact Denise @ 849-2263

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

We have an number of programs starting up so watch our Facebook for updates!

