



June 2024

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 @
agravelouellette@pmh-mb.ca or 204.573.0188 for more information

Let's Get Physical!

On Our Way

*(act out the animal movements
in the poem)*

What kind of walk shall we
take today?
Leap like a frog? Creep like a
snail?
Scamper like a squirrel with a
furry tail?
Flutter like a butterfly?
Chicken peck?
Stretch like a turtle with a
poking-out neck?
Scuttle like a crab? Kangaroo
jump?
Plod like a camel with an up-
and-down hump?
We could try a brand-new
way —
Walking down the street
On our own two feet!
-Eve Merriam

Develop Physical Literacy

Physical literacy is the ability to perform a collection of basic movement and sport skills such as running, jumping, skipping, catching and throwing. It is as important as the ability to read and write and is best learned in childhood. As a parent or caregiver it is important to provide a safe environment for children to learn and master movement skills through play and active exploration.

Physical literacy is not just for “sporty” families. It is important for ALL kids since it is the foundation for being active for life. Being active builds confidence, self-esteem and improves learning and attention. The best part... it’s FUN!!

Want to know more or ideas of what to do go to:

<http://activeforlife.ca/>



Homemade Teething Biscuits

Easy & Healthy!

Find this snack idea & many more
at

[https://](https://www.superhealthykids.com)

www.superhealthykids.com

Did you know..

Toddlers (1-2yrs) and preschoolers (3-4 yrs.) should accumulate at least 180 minutes of physical activity spread throughout the day. More is better!

Why? Find out... <http://www.participaction.com/get-informed/physical-activity-guidelines/>



June Programs 2024

Birtle

Healthy Baby
NO HEALTHY BABY IN PERSON
SESSIONS

Carberry

Step 2

June 13th and 27th 5:30-7:30
122 Main St. in basement
For more info contact Callie at
rec@townofcarberry.ca

Healthy Baby

Alexandra Lozada-Gobeia,
Carberry Healthy Baby Facilitator
Carberry Health Center Boardroom
4th Tuesday 10-12
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
(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

Healthy Baby

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

Neepawa

Healthy Baby

Alexandra Lozada-Gobeia,
Neepawa Healthy Baby Facilitator
Neepawa Library
2nd Tuesday 10-12
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
(204) 476-7554

Rivers

Step 2

Rivers United Church June 14th
Drop in Group 9:00— 11:00

Healthy Baby

For June and July Shauna Woodmass
Rivers Healthy Baby Facilitator
1st Wednesday 1:00– 3:00
Zion Church 580 Main Street
swoodmass@pmh-mb.ca
204-578-2545

Russell

Healthy Baby

June Alexandra Lozada-Gobeia
Russel Healthy Baby Facilitator
Multiplex Bunge Room
3rd Wednesday 1:00 to 3:00
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

Have a good summer everyone and see you in
the fall!!