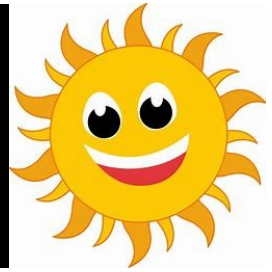


Healthy STEPS

Preschool Parents Newsletter



Compliments of Assiniboine North Parent Child Coalition

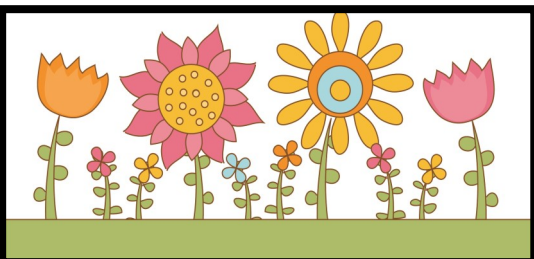
Working with parents, caregivers and service providers to ensure children are healthy and happy. Contact Antoinette at agravelouellette@pmh-mb.ca or call 1.204.764.4232 for more information

5 Creative Activities To At Home With Your Kids

1. **Create an at Home Scavenger Hunt:** Use pictures of different items from inside and in your backyard for your kids to find
2. **Create an Obstacle Course:** Use any items in your home to create an obstacle course
3. **Make Mess-Free Paintings:** Take a piece of paper and put some dollops of paint on it then put it in a plastic resealable bag, let your kids smear paint throughout the bag to create a masterpiece without the mess.
4. **Create Sensory Bags:** All you need is resealable plastic bags, some sensory items such as buttons, glitter, pom poms then simply add in some baby oil and water.
5. **Grow Some Flowers:** Pick your favourite flower seeds and dig in the dirt with you kids to let them see that they can grow flowers with their own two hands.

A Little Seed

A little seed for me to sow.
A little seed to make it grow.
A little hole, a little pat,
A little wish, and that is that.
A little sun, a little shower.
A little while,
And then a flower.



4 Things that Parents Can do to Protect their Mental Health during the Pandemic:

1. **Find ways to connect with your friends and family:** whether its through texting , calling, or video chatting staying connected to those most important to you
2. **Exercise:** can help reduce the risk of depression and anxiety and can even help you to sleep better.
3. **Finding time for yourself:** with kids this can be difficult, but it is important for everyone to have time for themselves
4. **Go outside:** being inside all day can negatively impact your mental health.

For more information:

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

Now happening!

Coming Soon!

Carberry Virtual Rhyme Time

Contact Rec. department to register and for info 834-6623 or email rec@townofcarberry.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

Taking registration for

Nobody's Perfect

Circle of Security

Positive Discipline

Positive Parenting

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

Contact Alexandra for log info
204-476-7842

Rivers, Hamiota, Birtle,
Russell

Kristie: 204-748-2321

Icon	App Name	Web Address
	Mindshift	www.anxietybc.com/resources/mindshift-app
	Five Ways To Well-being	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.jnj.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

Watch our Facebook page for New programs!

The Next Cooking and Rhymes and Stories

June 15th!

If you are looking for specific parenting information or a class please contact us.