

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

Daily Routine Can Benefit Children

- 1- **Helps children get on schedule:** Schedules help children be able to eat full meals, sleep well at night and be more calm and relaxed during the down times of the day.
 - 2- **Established Expectations:** It aids in children to know when things will happen, such as when bath time is as well as times of the day they are supposed to pick up toys. This also helps children feel safe and when they feel safe they learn better.
 - 3- **Creates a Calmer Household:** If the children along with other the family members, know when things should be happening this can lower stress and anxiety. Esp these last few years of uncertainty in so many areas this is well needed.
 - 4- **Gives children confidence and independence:** By knowing how to complete tasks such as how to brush their teeth and put on their pajamas this is creating a sense of confidence and independence.
- Try making a picture chart so you child can look at it and know what comes next in their day.

This is the way we wash our face,
wash our face, wash our face.
This is the way we wash our face.
Early in the morning.

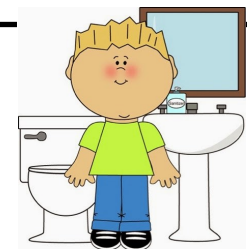
Wash wash wash wash.
Wash wash wash.

This is the way we comb our hair,
comb our hair, comb our hair.
This is the way we comb our hair.
Early in the morning.

Comb comb comb comb.
Comb comb comb.

This is the way we brush our teeth,
brush our teeth, brush our teeth.
This is the way we brush our teeth.
Early in the morning.

Brush brush brush brush.
Brush brush brush.



Activities that you can add into a schedule:

- Bedtime:** Parents can put what time they are supposed to go to bed, ensuring that bed time isn't a surprise.
- Bath time:** Parents can include what days and what time that bath time will be this way, children can be more prepared for their bath time.
- Storytime:** Every night parents could schedule a period of time right before bedtime where the parents and child read together, calming them down before bed.
- Meal times:** Parents can schedule when the meals will be and what they could be. You can also include your children in planning out the meals for the week which can aid in avoiding meals that children will not eat.

Starting in Sept or Oct

Russell Mothers Helping Mothers Support for Moms 6:30-8:00 Contact Taneal @ 204-821-6686

Minnedosa's Together We Can, Together We Are Contact Denise @ 849-2263 or email parentinginpurple@gmail.com

Step 2 Programs are Back!

Rivers Step 2 contact Laura at Riverdale Recreation 204-328-7753 for more

Neepawa Step 2 contact Nicole at Town of Neepawa 204-476-7614

**Coming soon
Hamiota Parent and Tot Yoga!**

Please watch our Facebook page for more information on start dates or contact us!

Healthy Baby Sessions are talking place in various ways. If you are interested in online please contact Call 204-578-2545 Shauna Facilitators to contact:











Alexandra Lozada-Gobea, Healthy Baby Facilitator
Minnedosa, Neepawa, Carberry alozadagobea@pmh-mb.ca
(204) 476-7842

Times for Healthy Baby are 10-12

Carberry 4th Tues. Evangelical Free Church
Minnedosa 3rd Tuesday United Church
Neepawa Library 2nd Tuesday
Neepawa Immigrant Services 2nd Tuesday 2-4

Stephanie Tourond, Healthy Baby Facilitator - Russell,
Hamiota, Birtle, Rivers STourond@pmh-mb.ca (204) 748-2321
ext. 294

Birtle 4th Wednesday Community Development Center
Hamiota 3rd Tuesday Cornerstone Pentecostal Church
Rivers Zion Church 2nd Wednesday
Russell Untied Church 3rd Wednesday

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.happyhealthypapp.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

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