

Healthy STEPS

Preschool Parents Newsletter



Compliments of Assiniboine North Parent Child Coalition

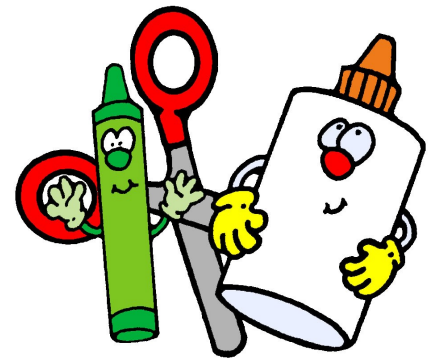
Working with parents, caregivers and service providers to ensure children are healthy and happy. Contact Antoinette at agravelouellette@pmh-mb.ca or call 1.204.764.4232 for more information

5 Ways That A Daily Routine Can Benefit Children

- 1- **Helps children get on schedule:** Schedules help children to have better structured body clocks which aid in things such as being 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.
- 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.
- 4- **Routines create habit:** By a child having a structured routine this allows children to pick up skills such as how to brush their teeth and put on pajamas as they are doing these things routinely
- 5- **Gives children confidence and independence:** By knowing how to complete tasks such as how to brush their teeth and put on their

Back To School

Grab your pencils
 Get your glue
 Backpack, crayons
 And scissors, too!
 Vacation is over
 Its getting cool
 Time to head
 Back to school!



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.

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 Contact Denise @

849-2263 or email

parentinginpurple@gmail.com

Taking registration starting

Positive Discipline Online October

5th

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

Erin: 204-578-2545

Cooking, rhymes and Story
September ???

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 the next

Cooking and Rhymes and Stories

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

We are continuing to do online programming due to Covid and have lots of info to share with you!

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