



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 Stacey at agravelouellette@pmh-mb.ca or call or text 204-573-0188 for more information.

Snowflake on my Nose

(Tune: If you're happy & you know it)

There's a snowflake on my nose, on my nose!
There's a snowflake on my nose, on my nose!
I caught this little flake, Now I give a little shake!
There's a snowflake on my nose, on my nose!

- Point to body part being sung about & repeat using different body parts!

Why Being Outdoors in Winter is So Very Good for Kids!

Outdoor play has sooo many benefits for both your child and for you! Why should you enjoy the outdoors everyday?

- Improved Mood.
- Nature and Play **Reduce Stress**. Time spent in natural settings is restorative and reduces anxiety for kids and for adults.
- Better Sleep.
- Boosts the immune system. Children in regular contact with dirt, trees, grass and snow in an outdoor setting are more likely to have better immune systems.
- Increased Physical Activity. Physical activity has many overall benefits and is essential for your child's healthy development. Getting outside is the best way to get moving!
- Mental Wellness. There are many mental wellness benefits associated with being outside, such as lower risk of depression. Studies have shown that being in nature can restore and strengthen our mental capacities, increasing focus and attention.
- Snow is great for creative play! Playing with snow is a great way to have your child exercise their creativity. There are endless ways to play with snow.



Green Fries

www.superhealthykids.com

Green Bean Fries

Find this recipe & many more at <https://www.superhealthykids.com>



"To be healthy, children need several hours (not minutes!) of movement a day — preferably outdoors, where the senses are fully alive and their bodies are free to move in many different ways."—Angela Hanscom

Some Top outdoor winter activities for toddlers:

1. Snow Shoveling – the best winter activity for toddlers!
2. Go for a sled ride – a winter favorite!
3. Build a snowman, make snow angels & boot prints.
4. Snow Paint and Painting on Snow.
5. Build a Fort, Maze, or Obstacle Course.
6. Be a Winter Wildlife Detective. Use your senses! *Listen* for the sounds of animals, *look* for tracks in the snow, explore!
7. Take the inside out! Haul out the toys and raid the kitchen cupboards (pots, pans, spoons, etc. for fun outdoor snow play!).

March 2024

Website: <http://www.anpccfamilies.ca>

Birtle

Healthy Baby

Stephanie Tourond,

Healthy Baby Facilitator

4th Wednesday 1:00 to 3:00

Birtle Health Center Boardroom

STourond@pmh-mb.ca (204) 748-2321 ext. 294

Carberry

Step 2 Is Back!

March 7, 21st 5:30-7:30

122 Main St. in basement

For more info contact Callie at rec@townofcarberry.ca

Healthy Baby

Alexandra Lozada-Gobe,

Carberry Healthy Baby Facilitator

Carberry Health Center Boardroom

4th Tuesday 10-12

alozadagobeaa@pmh-mb.ca

(204) 476-7554

Erickson

Healthy Baby

Alexandra Lozada-Gobe,

Lutheran Church

3rd Monday 1:00—3:00

alozadagobeaa@pmh-mb.ca

(204) 476-7554

Hamiota

Healthy Baby

Stephanie Tourond,

Healthy Baby Facilitator

3rd Tuesday 1:00—3:00

Cornerstone Pentecostal Church

STourond@pmh-mb.ca

(204) 748-2321 ext. 294

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-Gobe,

Minnedosa Healthy Baby Facilitator

Minnedosa United Church

3rd Tuesday 10-12

alozadagobeaa@pmh-mb.ca (204) 476-7554

Neepawa

Rhyme Time with Seniors

Kinsmen Kourts at 307 Davidson St

March 5th from 10 –11am

Any questions give Corri a call at 204-841-0330

Healthy Baby

Alexandra Lozada-Gobe,

Neepawa Healthy Baby Facilitator

Neepawa Library

2nd Tuesday 10-12

alozadagobeaa@pmh-mb.ca

(204) 476-7554

Healthy Baby

Alexandra Lozada-Gobe,

Neepawa Healthy Baby Facilitator

Neepawa Settlement Services

2nd Tuesday 1:30—3:30

alozadagobeaa@pmh-mb.ca

(204) 476-7554

Rivers

Step 2

Rivers United Church

March 1st, 15th and 22nd

Drop in Group 9:30— 11:30

Healthy Baby

Stephanie Tourond,

Rivers Healthy Baby Facilitator

1st Wednesday 1:00– 3:00

Zion Church 580 Main Street

STourond@pmh-mb.ca

(204) 748-2321 ext. 294

Russell

Stay & Play

Tuesday March 12th 9:30—11:30

Bunge Room at Russell Memorial Multiplex

Contact Amy @ recreation@mrbgov.com

or 204-773-2422 / Cell 204-821-8285

Healthy Baby

Stephanie Tourond,

Russell Healthy Baby Facilitator

Multiplex Bunge Room

3rd Wednesday 1:00 to 3:00

STourond@pmh-mb.ca

(204) 748-2321 ext. 294

If you are interested in online Healthy Baby
please contact Call 204-578-2545 Shauna

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