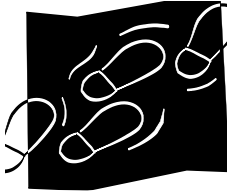


April 2024



# 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](mailto:agravelouellette@pmh-mb.ca) or call or text 204-573-0188 for more information.

#### DAFFODIL FINGERPLAY

Two little daffodils were smiling  
at a bee, Out popped another  
one, then there were three.  
Three little daffodils were grow-  
ing by the door, Out popped  
another one and then there  
were four. Four little daffodils  
were glad to be alive, Out  
popped another one and  
then there were five.

#### Spring is Coming!

Last month we looked at outdoors and why and ways it is beneficial for your toddler and you!

Kids are naturally curious about so many things, help support their curiosity by going on a bug hunt!



#### *Search for signs of spring*



#### Cucumber Salad with Dill and herb cream cheese

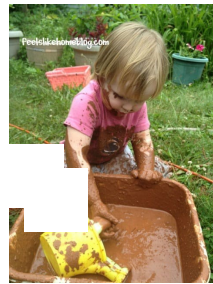
The more exposure your child has to sensory experiences throughout the day, the more integrated and organized the brain, senses, and body become.



Balanced And Barefoot  
Angela Hanscom

Take a stroll around your neighbourhood or nearby park and search for signs of spring with your child, encouraging them to use all their senses to find spring. What can you see? What do you smell? How does spring feel?

*What your child is learning: mindfulness, as well as an introduction to nature science.*



#### Make a mud pie

Spring is wonderfully mud-delicious! Playing in the mud encourages children to use their creativity and problem-solving skills and all the scooping, digging, pouring, lifting, and moving of mud helps children develop their hand dexterity—so important through life. Mud can be made into pies, castles and art—you'll be surprised what your kids might come up with.

*What your child is learning: creativity, problem-solving, hand dexterity, and sensory processing.*

#### Plant seeds together

Plant some easy-to-grow seeds like peas or sunflowers with your child. If you don't have a yard, try planting seeds in a pot on your patio or even indoors. Planting seeds is an important opportunity to teach kids how food grows and how to care for plants. Kids love to watch and learn how things work and grow!



**April 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](mailto:STourond@pmh-mb.ca) (204) 748-2321 ext. 294

### Carberry

#### Step 2 Is Back!

*April 4, 18th 5:30-7:30*

*122 Main St. in basement*

*For more info contact Callie at [rec@townofcarberry.ca](mailto:rec@townofcarberry.ca)*

#### Healthy Baby

**Alexandra Lozada-Gobe,**

Carberry Healthy Baby Facilitator

Carberry Health Center Boardroom

4th Tuesday 10-12

[alozadagobe@pmh-mb.ca](mailto:alozadagobe@pmh-mb.ca)

(204) 476-7554

### Erickson

#### Healthy Baby

**Alexandra Lozada-Gobe,**

Lutheran Church

3rd Monday 1:00—3:00

[alozadagobe@pmh-mb.ca](mailto:alozadagobe@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](mailto: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](mailto:parentinginpurple@gmail.com)*

#### Healthy Baby

**Alexandra Lozada-Gobe,**

Minnedosa Healthy Baby Facilitator

Minnedosa United Church

3rd Tuesday 10-12

[alozadagobe@pmh-mb.ca](mailto:alozadagobe@pmh-mb.ca) (204) 476-7554

### Neepawa

#### Healthy Baby

**Alexandra Lozada-Gobe,**

Neepawa Healthy Baby Facilitator

Neepawa Library

2nd Tuesday 10-12

[alozadagobe@pmh-mb.ca](mailto:alozadagobe@pmh-mb.ca)

(204) 476-7554

#### Healthy Baby

**Alexandra Lozada-Gobe,**

Neepawa Healthy Baby Facilitator

Neepawa Settlement Services

2nd Tuesday 1:30—3:30

[alozadagobe@pmh-mb.ca](mailto:alozadagobe@pmh-mb.ca)

(204) 476-7554

### Rivers

#### Step 2

*Rivers United Church*

*April 5th and 12th*

*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](mailto:STourond@pmh-mb.ca)

(204) 748-2321 ext. 294

### Russell

#### Healthy Baby

**Stephanie Tourond,**

Russel Healthy Baby Facilitator

Multiplex Bunge Room

3rd Wednesday 1:00 to 3:00

[STourond@pmh-mb.ca](mailto: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”**

***If you are interested in programing in  
your area and have some ideas we do  
support nonprofits with grants to support  
parent/child programs!***