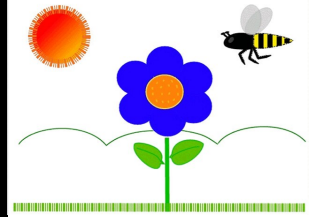


# Healthy STEPS

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 @ 204.764.4232 or agravelouellette@pmh-mb.ca for more information

## Springtime!

So nice with the weather warming up! (Promise it is really!)

To get outside and get the fresh air and the sun and green how it always increases our moods!

**Physically healthier.** Children play harder outdoors than indoors and they need daily opportunities to do so. More outdoor time is linked with improved motor development

Safely getting some sun also helps us make vitamin D that our bodies need to stay healthy and strong.

**More engaged in learning.** Playing outside promotes curiosity, creativity and critical thinking. Studies have found that children who spent more time in nature exploration had improved learning outcomes.

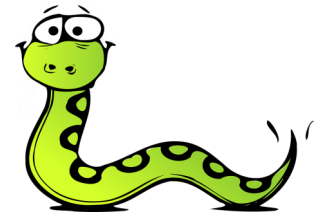
**More positive in behavior.** Research shows that when children spent time in natural settings they had less anger and aggression. Impulse control also improves. This might be especially important when normal routines change for children.

**Mentally healthier.** Stress and depression are lower for all people who spend time in nature. Children show increased focus and reduced symptoms of Attention Deficit Hyperactivity Disorder.

Here an idea of what to do



1. "Give your child their very own clipboard (a piece of cardboard with the list taped to it and a crayon attached with yarn).
2. Have them cross off the items as they spot them.
3. For preschoolers who can't read, use a list with pictures. For those learning to read, use words so they can practice their sounding-out skills.
4. Tailor the scavenger hunts according to the location where you're walking. Base them on what you and your child are seeing (mammals, trees, bugs).
5. A spring scavenger hunt might include such as *birds, flowers, butterflies, the sun, salamanders, lizards, a bunny, blooming trees, rosebuds, and crocuses.*

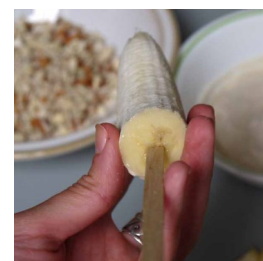


## I Saw a Snake

I saw a snake the other day  
 Driving in a Chevrolet  
 He was long and he was thin  
 But he didn't have a chin  
 Didn't have a chin?  
 Oh what the heck  
 He had lots and lots and lots of neck!



**Peel a banana and dip it in yogurt. Roll in crushed cereal and freeze. Yummy**



## May 2023 Programs Near You!

NEW!!

### **Hamiota**

Hamiota Art 4 Fun!

May 6,13th,20th and 27th 10-11 am

To register: 204-764-2400 or  
midwestartscentre@gmail.com

### **Oakburn**

Wiggle, Giggle and Munch

May 3rd to July 5th

Monday mornings 10am to Noon

Eager Pioneer Club

For more info contact Sadie 204-821-0454

### **Russell Step 2**

May 3rd and 17th

Contact Amy @ recreation@mrbgov.com or watch  
our Facebook for more details!

### **Minnedosa**

Together We Can, Together We Are  
Minnedosa United Church 2nd and 4th  
Tuesday's 10-Noon

Contact Denise @ 849.2263 or  
email parentinginpurple@gmail.com

### **Carberry Step 2**

Carberry Community Memorial Hall

May 4th from 5:30-7:30

Registration not required

For more info contact Callie at  
rec@townofcarberry.ca

### **Rivers Step 2**

Riverdale Community Center

May 12th & 26th & June 9th & 23rd 9:30-11:30

contact Christine at Riverdale Recreation  
204.328.7753 for more/ drop in welcome!

### **Toddler and Me Yoga!**

Riverdale Community Center

May 5th and 19th & June 2nd & 16th

Contact Christine at Riverdale Recreation for more  
info or to register 204.328.7753 Drop In welcome!

### **Neepawa Step 2**

At Arts Forward

Friday May 12th 10-noon

Contact Heidi at the town 204.476.614 or just drop  
in/ no registration required

## Parenting in Recovery

Are you in recovery from  
substances and looking for a  
parenting group that incorporates  
where you are at join us

Online starting Wednesday May  
17th 6 sessions for an hour and  
half from 1:30—3:00

Email to register or for more information  
agravelouellette@pmh-mb.ca

**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) 476-7554

Carberry 4th Tues. Evangelical Free Church  
Minnedosa 3rd Tuesday United Church  
Neepawa Library 2nd Tuesday 10-Noon  
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

**Times for Healthy Baby are 10-12 unless  
listed otherwise**

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

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