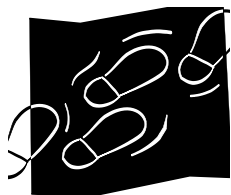


May 2024



Healthy STEPS

Preschool Parents Newsletter



Compliments of PROMISE Years 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 or text 204-573-0188 for more information.

NAVIGATING CHALLENGING BEHAVIOURS



Mouseie

(rhyme)

Round about, round about goes the little mouseie.

(Draw circles on child's palm)

Up a bit, up a bit, into the little housie!

(Crawl fingers up arm to tickle under arm or neck)

Are you struggling with how to handle your child's challenging behaviors? You are not alone.

We often hear this and look for the ways to stop behavior without looking at maybe the cause of it?

Children are not born knowing how to regulate strong emotions and just like how feed themselves or walk they need to learn how to calm themselves down and self regulate.

The cause of some behaviours might be they have not yet been taught the skills of how to...

Teaching them to do it and redo it until they get it...

Like ways to teach breathing...

Pretend to smell flowers (deep breathe in through the nose)

Then blow out the candle (breathe out through the mouth)



High Protein Cottage Cheese Bowls

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



Need more ideas?



"Do not find fault,

find a remedy."

~Henry Ford

<https://copingskillsforkids.com/deep-breathing-exercises-for-kids>

May 2024

Birtle

Healthy Baby
NO HEALTHY BABY IN PERSON SESSIONS

Carberry

Step 2

*May 2nd and 16th 5:30-7:30
122 Main St. in basement*

For more info contact Callie at rec@townofcarberry.ca

Healthy Baby

Alexandra Lozada-Gobeia,
Carberry Healthy Baby Facilitator
Carberry Health Center Boardroom
4th Tuesday 10-12
alozadagobeia@pmh-mb.ca
(204) 476-7554

Erickson

Healthy Baby

Alexandra Lozada-Gobeia,
Lutheran Church
3rd Monday 1:00—3:00
alozadagobeia@pmh-mb.ca
(204) 476-7554

Hamiota

NO HEALTHY BABY IN PERSON SESSIONS

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-Gobeia,
Minnedosa Healthy Baby Facilitator
Minnedosa United Church
3rd Tuesday 10-12
alozadagobeia@pmh-mb.ca (204) 476-7554

Neepawa

Healthy Baby

Alexandra Lozada-Gobeia,
Neepawa Healthy Baby Facilitator
Neepawa Library
2nd Tuesday 10-12
alozadagobeia@pmh-mb.ca
(204) 476-7554

Healthy Baby

Alexandra Lozada-Gobeia,
Neepawa Healthy Baby Facilitator
Neepawa Settlement Services
2nd Tuesday 1:30—3:30
alozadagobeia@pmh-mb.ca
(204) 476-7554

Rivers

Step 2

*Rivers United Church
May 3rd, 17th and 31st
Drop in Group 9:00— 11:00*

Healthy Baby

For May, June and July Shauna Woodmass
Rivers Healthy Baby Facilitator
1st Wednesday 1:00— 3:00
Zion Church 580 Main Street
swoodmass@pmh-mb.ca
204-578-2545

Russell

Healthy Baby

May and June Alexandra Lozada-Gobeia
Russell Healthy Baby Facilitator
Multiplex Bunge Room
3rd Wednesday 1:00 to 3:00
alozadagobeia@pmh-mb.ca
(204) 476-7554

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

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

One of our cochairs Don Walmsley is retiring this month and we thank Don for his many years of service and insights over decades! As Don shared he has been doing this long before the coalitions came into fruition. His work dates for to the 1980's.

We thank you Don for all you have brought us!