



Healthy S T E P S

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

April Showers!

Getting back out into nature and with the nicer weather on its way!

Kids love to watch nature and it is a great way to reconnect!

Learn how playing outdoors in nature can benefit your children intellectually, socially, emotionally, and physically, and discover activities for fostering their development.

Brain building activities for kids!

Here are some brain building nature activities for children:

- Build with and dig in dirt
- Watch worms wriggle through the soil
 - Gaze at clouds
 - Jump in puddles
 - Listen to birds sing
 - Smell fresh-cut grass
 - Collect seeds

Construct things with twigs and mud

Make a bird feeder



Materials for a bird feeder

- juice or milk jug
- Non toxic paint
- Small wooden dowel
- Exacto knife
- Paint brush
- Rope
- Birdseed
- <https://www.todayparent.com/family/crafts/craft-bird-feeder/>

April Showers

Pitter patter rain drops (wiggle fingers to imitate rain)

Falling from the sky (wiggle fingers downward)

Here's my umbrella (hands over head)

When the rain is over (bring hands down slowly)

And the sun begins to glow (make a sun with arms)

Little flowers start to bud (kneel down)

Then grow, grow, grow (slowly stand up)



Hamiota Parent and Tot Yoga
March 19– May 7 Saturday
mornings 10:30 to register contact
recreation@hamiota.com

Coming soon Birtle Rhyme Time

Rivers Nobody’s Perfect
Thursday Mornings starting Aril
7th 10-11:30
Contact Recreation@Riverdale.ca
To register

Together We Can, Together We
Are Online program Open to all!
Moving to outdoors
Contact Denise @ 849-2263 or
email parentinginpurple@gmail.com

Oakburn Parent/Child Play group
Eager Pioneer Club Wed. 10-11:30
Contact Sadie 821-0454

Taking registration for
Parenting in Recovery Online
course for parents recovering
from substance use starts in
April

Healthy Baby Sessions are talking
place in various ways. If you are in-
terested 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
Stephanie: 204-748-2321



Icon	App Name	Web Address	About
	SAM - Self-Help Anxiety Management	https://sam-app.org.uk	Helps you understand and manage anxiety.
	Happy Healthy	www.happyhealthyapp.com	App providing motivation and knowledge to improve lifestyle, exercise, nutrition and sleep.
	BellyBio Interactive Breathing	https://itunes.apple.com/ca/app/bellybio-interactive-breathing/id353763955?mt=8	Triple innovation in deep abdominal breathing, biofeedback and music.
	Stop-Breathe-Think	www.stopbreathethink.org	A simple tool to guide people of all ages and backgrounds through meditations for mindfulness and compassion.
	7 Minute Workout	https://7minuteworkout.jnj.com/	A fast, simple, science-based way to work out anywhere app.
	Daily Yoga	www.dailyyoga.com	Provides intuitive and comprehensive yoga training for everyone.
	Calm in the Storm	http://calminthestormapp.com	Coping with the stresses of life.
	3 Minute Mindfulness	https://itunes.apple.com/us/app/3-minute-mindfulness-fast/id982502810?mt=8	Fast and simple meditation and breathing exercises to reduce stress, anxiety and depression.
	Get Enough Helper	https://dairygoodness.ca/getenough/app?gclid=CLa8n8nKvM4CFYKGaQodiSoHwQ	Keep track of what you eat to make sure you get enough of what you need.
	Booster Buddy	http://viha.ca/cyf_mental_health/boosterbuddy	Manage your personal wellness journey and earn achievements as your sidekick guides you through a series of daily quests.
	Stress Hacks	www.stresshacks.ca	Provides information to explain stress and help you to manage it.
	Be Safe	https://mindyourmind.ca/interactives/be-safe	Allows individuals to develop a Safety Plan.
	Kids Help Phone	http://kidshelpphone.ca/teens/home.aspx?gclid=CNCK-oLNvM4CFQIHQod-gAOHow	Free 24 hour phone and web counselling for ages 20 and under.
	HEADSPACE	www.headspace.com	Free: Meditation made simple in just 10 minutes a day.