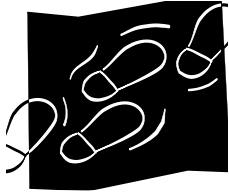


Nov. 2023



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 or 204-761-4232 for more information



Down Syndrome Awareness

Hi - my name is Bryna Sclater. My friend Stacey (PROMISE Years Coordinator) reached out to me last month (Down Syndrome awareness month) and asked if I would put something together for your next newsletter. My 7 year old daughter, Freya, has Down Syndrome. I'm really excited to share a few things with you all about Down Syndrome and our family's life.

What is Down Syndrome?

Down Syndrome is a naturally occurring chromosomal difference where a person is born with an extra copy of chromosome 21. People with Down Syndrome typically will have some unique physical characteristics such as a smaller stature, almond-shaped eyes, and smaller ears. They will typically have some degree of intellectual disability, and will experience developmental delays. This varies a lot from person to person, and every person with Down Syndrome will have unique strengths, likes, dislikes, and temperament, much like the rest of us do!

Our Family's Experience

When Freya was first born and we found out a couple days after that she had Down Syndrome, we were pretty scared about what our future might hold. Over the years, so many of those fears have melted away. We had advice from Freya's pediatrician after she was born just to do everything exactly the same as we would have planned to do with a baby without Down Syndrome. So, Freya went to daycare. And German preschool. She is now in Grade 2, learning in a German Bilingual School in Edmonton alongside her typically developing peers. She does gymnastics, swimming, and Ju Jitsu. Freya does get some extra support to learn - she has always had an aide who supports her at daycare/school, and learning everything takes a little longer. I like to say that we are taking the scenic route!

Inclusion

I'm so grateful Freya was born in this time, when people with Down Syndrome are much more included into community life. I think it's amazing that the lifespan of someone with Down Syndrome in the 1980s was only 25 years old, and it's now over 60. Yes, some of that is improvements in medical care, but I believe a lot of it because we've chosen to include people with Down Syndrome in our communities instead of choosing institutionalization. It is the actions that all of us take towards inclusion that really help to support people with Down Syndrome like Freya in leading a rich, full life.

I think if I leave you with anything, it's to ask you to have conversations with your children about those who are different, and how to be kind and inclusive when you meet someone who is not the same as you. Here's a great link for some children's books that feature characters with Down Syndrome: <https://lollipopbookclub.com/blogs/news/childrens-books-about-down-syndrome> and here's a great link for some Down Syndrome awareness videos: <https://www.meriahnichols.com/the-best-down-syndrome-awareness-videos/>

Nov. 2023

Birtle

Healthy Baby

Stephanie Tourond,

Healthy Baby Facilitator

4th Wednesday 10am to Noon

Birtle Health Center Boardroom

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

Carberry Step 2

Thursday Nov. 9th & 23rd 5:30 - 7:30

122 Main Street (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

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

Hamiota

Healthy Baby

Stephanie Tourond,

Healthy Baby Facilitator

3rd Tuesday 10am to Noon

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 Nov. 8th & 22nd 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

alozadagobe@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”**

Neepawa

Healthy Baby

Alexandra Lozada-Gobe,

Neepawa Healthy Baby Facilitator

Neepawa Library

2nd Tuesday 10-12

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 (204) 476-7554

Rivers

Starting November 15th 9:15– 10:45

Because I Love You 6 week program

To register or for more info Email

agravelouellette@pmh-mb.ca or call

204-764-4232

Healthy Baby

Stephanie Tourond,

Healthy Baby Facilitator

Rivers 2nd Wed. Oct. 11th, Nov. 8th , Dec. 13th

10am to Noon

Zion Church 580 Main Street

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

Russell Step 2

Tuesday Nov. 14th 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,

Healthy Baby Facilitator

Multiplex Bunge Room

3rd Wednesday 10:15 to 12:15

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

Parenting in Recovery

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

Taking registrations

Email to register or for more information

agravelouellette@pmh-mb.ca