



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

## Parenting

Did you know there are 4 different parenting styles?

Parenting styles have been characterized as **authoritarian (high control, low warmth)**, **authoritative (high control, high warmth)**, **permissive (low control, high warmth)**, and **neglectful (low control, low warmth)**.

### Positive Parenting:

- Make expectations clear.
- Be consistent and reliable.
- Show affection and appreciation.
- Seek to understand their children.
- Encourage curiosity, independence and personal development.

### **Parenting Advice**

**Try to have realistic expectations for yourself, your partner, and your kids.** You don't have to have all the answers — be forgiving of yourself. And try to make parenting a manageable job. Focus on the areas that need the most attention.

*“We never know the love of a parent till we become parents ourselves.” –Henry Ward Beecher*

**What is one of the most important things in parenting?**

Relationship. **The relationship we have with our children** could be considered the most important element of parenting. It is the value of our connection that determines how well they listen to us, accept our limits and values, and cooperate.

*“Behind every young child who believes in himself is a parent who believed first.” –Matthew Jacobson*



### **Kick & You Stop**

(sitting on floor, legs out front, actions follow along with the words)

You Kick and you kick,  
and you kick and you stop.

You Kick and you kick,  
and you kick and you stop.

You kick fast, you kick slow,

You Kick and you kick,  
and you kick and you stop.

Repeat using claps & wiggles.



### **Zesty Frozen Blueberries**

Let the kids help you dip blueberries (or any other favorite fruit) in chocolate or yogurt and stick them in the freezer for week-long snacking!



## April 2023 Programs Near You!

afternoons by Zoom from 2:30-3:30

Zoom ID

694 2187 7483

In March they will be April 5th & 19th

[https://sharedhealthmb.zoom.us/j/69421877483?  
pwd=YS9iZDhjeDhjdWE4TXlRb1E5R0ZEZz09](https://sharedhealthmb.zoom.us/j/69421877483?pwd=YS9iZDhjeDhjdWE4TXlRb1E5R0ZEZz09)

### Russell

*Mothers Helping Mothers Support  
for Moms 6:30-8:00*

*Contact Taneal @ 204.821.6686*

### Russell Step 2

*April 12th & 26th*

*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*

### New!

#### Carberry Step 2

*Carberry Community Memorial Hall*

*April 6th & 20th from 5:30-7:30*

*Registration not required*

*For more info contact Callie at  
rec@townofcarberry.ca*

#### Rivers Step 2

*Riverdale Community Center*

*April 14th & 28th 9:30-11:30*

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

#### Toddler and Me Yoga!

*Riverdale Community Center*

*April 7 & 21st*

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

#### Neepawa Step 2

*At Arts Forward*

*Friday April 14th & 28th 10-noon*

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

### Birtle Step 2

*Birtle Library 10:30-Noon*

*March 18th*

*Contact library 204.834.3418 or  
just drop in!*

*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](mailto: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](mailto: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*

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

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