



Healthy STEPS

Preschool Parents Newsletter



Compliments of The Parent Child Connection Assiniboine North Parent Child Coalition

Working with parents, caregivers and service providers to ensure children are healthy and happy. Contact Antoinette Gravel-Ouellette at agravelouellette@pmh-mb.ca or 204-764-4232 for more information



I'm A Little Valentine

I'm a little valentine
Red and White
With ribbons and lace
I'm a beautiful sight
I can say, "I Love You"
On Valentine's Day
Just put me in an envelope
And give me away

Children Learn What They Live

By Dorothy Law Neite

If a child lives with criticism he learns to condemn

If a child lives with hostility he learns to fight

If a child lives with ridicule he learns to be shy

If a child lives with tolerance he learns to be patient

If a child lives with encouragement he learns to be confident

If a child lives with praise he learns to appreciate

If a child lives with approval he learns to like himself

If a child lives with acceptance and friendship he learns to find love in the world

Grape & Strawberry Valentine Kabobs



Raising a Child with Strong Social-emotional Intelligence

Through relationships, children discover who they are and learn to understand others. The most important relationship in a child's first years are that with their parent/guardian. Meeting and responding to your child's needs with care, understanding and patience helps provide your child with feelings of safety, security and helps them develop their social emotional intelligence. The bond between a parent and child builds the child's ability to form relationships with others, express emotions, and face difficult challenges. Through supportive relationships, young children can explore the world, develop empathy, and understand the difference between right and wrong.

Tips on Helping Your Child Build Strong Relationships

- *Allow for unstructured, uninterrupted time with your child each day— let her be the leader in what to play, and don't multi-task during this special playtime. She will feel loved and special with your full attention.
- *Let your child know you are interested in their activities—Show sincere interest in your child—whatever he is doing. Your interest is what he desires and is thrilled to receive.
- *Encourage your child to express their feelings in age appropriate ways—Forming positive, healthy relationships depends on the ability to show feelings appropriately, and to recognize the feelings in others. Teach children age acceptable ways to vent anger, such as running in the yard, or drawing an angry picture. Label your own feelings, "I am happy because you helped me clean up." or, "I am sad that Grandpa had to fly home" It is important your child knows you have feelings too, but there are ways to cope with them so you can feel better.
- * Provide opportunities for your child to build relationships with peers—Children need practice in order to learn to take turns, resolve conflict, and feel the joy of friendship. Playing together gives children all of this.

Please contact Antoinette if you would like specific programming in your community.

BIRTLE:

Healthy Baby: First Thursday of the month in Feb. April, June, August, Oct. Dec. From 10-noon @ the CDC Building Contact your public health nurse for more info

CARBERRY

Healthy Baby: 4th Wednesday of the month from 10-noon @ The Carberry Plains Health Centre. Alexandra @ 476-7842

Story time at the Library:

Thursdays at 10:00 at the Carberry North Cypress library.

Stay tuned more coming soon!

HAMIOTA

Healthy Baby: 2nd Wednesday of the month @ 10-noon Cornerstone Church Contact public health nurse

KENTON

Kenton Play Group Every other Friday @ the Kenton Hall @ 10:30 contact Nicole 838-2423

MINNEDOSA

Healthy Baby : 3rd Tuesday of the month @ St. Mark's Anglican Church from 10-noon Contact Alexandra 476-7842

Together We Can: 2nd & 4th Wed. @ 10-12 Minnedosa United Church contact Denise @ 849-2263

NEEPAWA

Healthy Baby: 2nd Tuesday of the month @ Neepawa Public Library from 10-noon

Neepawa & Area Immigrant Settlement Services 4th Tuesday of the month 1:30-3:30 Contact Alexandra 476-7842

Intergenerational Rhyme Time:

Monday Feb. 4,11 @ Country Meadows Contact: Sheila @ 476-2455

EAL Rhyme Time: starts Mon. Feb. 25th for 6 weeks Contact: Settlement Services @ 476-2055

OAKBURN

Information on small, intimate nursery school: contact Cindy 204-234-5341

RIVERS

Healthy Baby: 3rd Tuesday of month from 10-noon @ Zion Church. Contact Denise @ 204-748-2321 ext 294

Coming soon Bounce & Wiggle & Rhyme Time!

RUSSELL

Healthy Baby: 2nd Thursday of the month from 10-noon @ Russell United Church. Contact public health nurse

Mothers Helping Mothers: Mothers support group 1st and 3rd Tues.

Contact Taneal @ 821-668
Circle of Security: Starts Feb. 27th Contact PHN Lauren to register at 773-7563

SHOAL LAKE Healthy Baby: 1st Thursday in Jan., March, May, July, Sept., Nov. from 10-noon @ United Church Contact your public health nurse for more info

SIOUX VALLEY: Nobody's Perfect Contact Megan @ 855-2205

STRATHCLAIR

WE CAN!: 2nd & 4th Thursday from 10 to noon at the Baptist Church Contact Denise @ 849-2263

"Supported by Healthy Child Manitoba- Putting children and families first"