

Healthy STEPS

Preschool Parents Newsletter

Compliments of :

The Parent Child Connect (Assiniboine North Parent Child Coalition)

Working with parents, caregivers and service providers to ensure children are healthy and happy.
 Contact Antoinette 204- 764-4232 for information or submissions by the 15th of the previous month

Between three and five years, your child's ability to pronounce letters and blended letters will grow. Children are able to produce the following specific sounds:

- at three years: w, b, t, f, g, ng, n
- at four years: l, sh, ch, s, j
- at five years: z, r.



What helps your child learn language is you talking with them, looking into their eyes, and doing the back and forth.

Serve and return....and no screen time till after 2 years.

Golden Slumbers Lull a Bye



Golden slumbers kiss your eyes

Smiles await you when you rise

*Sleep pretty baby, do not cry
 And I will sing a lullaby.*

Cares you know not, therefore sleep

*While over you a watch I'll keep
 Sleep pretty darling, do not cry
 And I will sing a lullaby.*

Speech & Language

Language is generally divided in to two categories: receptive and expressive. Receptive language is essentially understanding the expressions and words of others. Children begin to develop this skill first. Expressive language is the child's ability to express himself.

As children improve their language skills, they tend to understand more than they can say. In other words, their receptive language is almost always better than their expressive language.

Language miles stones

8 to 13 months

- Points at objects he wants
- Shakes head to indicate "no"
- Waves good-bye
- Uses sounds as if they were words
- Uses jargon
- Imitates adults sounds



12 to 18 months

- Begins to develop a receptive vocabulary of words he understands, for example, he is able to Points to objects when named by an adult
- Understands a number of single words and short phrases
- Uses approx. 10-20 words for objects

18 to 24 months

- Understands simple questions and commands
- Begins to combine two words to form a sentence
- Increases expressive vocabulary, or the words he uses when speaking, to about 200 words
- Begins to use negatives: "no juice"

Looking for more info..

<http://www.aboutkidshealth.ca/En/HealthAZ/LearningandEducation/LiteracyandNumeracy/Pages/speech-language-milestones.aspx>

May
2018



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

BIRTLE:

Healthy Baby: First Thursday of the month in Feb., April, June, Aug. Oct. Dec. From 10-noon @ the United church 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.

Shake, Rattle & Roll: May 2 from 9-10 am @ Carberry Community Memorial Hall. Drop In welcome. Contact Carberry Daycare for info. 834-3690

Developmental Screening Day: Wed. May 2 1-6 @ Carberry United Church 608-3rd Contact Sheila 476-2455

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
United We Can: 2nd & 4th Wednesdays @ 10-noon Minnedosa United Church, contact Denise @ 849-2263

NEEPAWA

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

NEEPAWA

Neepawa & Area Immigrant Settlement Services 4th Tuesday of the month 1:30-3:30 Contact Alexandra 476-7842
Step Together: 1st and 3rd Wed. of the month 9:30 -11:30 at the United Church Text Val @ 841-4315

Developmental Screening Day: May 8th & 9th Contact Sheila 476-2455

OAKBURN

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

Rapid City

Coming soon Parent and Tot yoga

RIVERS

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

RUSSELL

Healthy Baby: 2nd Thursday of the month from 10-noon @ Russell United Church. Contact public health nurse
Mothers Helping Mothers: Mothers support group May 8, 22, June 5. Contact Taneal @ 821-6686

SHOAL LAKE

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

SIOUX VALLEY:

Nobody's Perfect Contact Kim McKay @ 855-2536

STRATHCLAIR

WE CAN!: 1st and 3rd Wednesday from 10 to noon at the Baptist Church Contact Denise @ 849-2263

If you would prefer us to send you this via email please email to let us know! agravelouellette@pmh-mb.ca

We have an number of programs starting up so watch our Facebook for updates!

