



# Healthy STEPS

Preschool Parents Newsletter



Compliments of the 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](mailto:agravelouellette@pmh-mb.ca) or call 1.204.764.4232 for more information



## Let's Get Active!

**DID YOU Know...**that by developing the fundamental movement skills that all children need, such as **running, hopping, throwing, catching and jumping**, you can increase your child's confidence to participate in games and sports? And this can ultimately increase their likelihood of staying active for *life*!?

### Where to start...

**\*Begin at your child's current skill level.** Young children need lots of active, playful opportunities to develop both gross motor and fine motor skills. These skills take time and repetition to master, and will often require the child to employ patience, perseverance and/or concentration – all of which are important long-term learning behaviours. Simple everyday opportunities to move their bodies help to develop these skills!

**\*Keep it fun!** The more enjoyable, the more they'll want to keep at it!

### Benefits of Outdoor Play for Kids

- ◆ Increases focus
- ◆ Relieves stress
- ◆ Increases mood
- ◆ Builds confidence
- ◆ Decreases anger
- ◆ Reduces ADHD symptoms
- ◆ Decreased rates of obesity
- ◆ Reduces risk of disease
- ◆ Promotes muscle development
- ◆ Strengthens immune system
- ◆ Higher levels of creativity
- ◆ Increases regard for environment
- ◆ Encourages healthy risk taking
- ◆ Improves balance



**Classic Games..**  
 FOLLOW THE LEADER  
 WHAT TIME IS IT MR. WOLF?  
 SIMON SAYS  
 HIDE N GO SEEK  
 OBSTACLE COURSE  
 HOPSCOTCH  
 SOCCOR GAME  
 RED LIGHT, GREEN LIGHT



Healthy Frozen Yogurt Bark

### IF You're an Elephant and You Know It!

**Tune: If you're happy and you know it**  
 If you're an elephant and you know it, stomp your feet!  
 If you're an elephant and you know it, stomp your feet!  
 If you're an elephant and you know it, and you really want to show it,  
 If you're an elephant and you know it, stomp your feet!

- Monkey –Jump up and down
- Lion– give a roar
- Crocodile– Snap your jaws, etc.

## **Now happening!**

**Carberry Virtual Rhyme Time Contact**  
Rec. department to register and for info  
834-6623 or email  
[rec@townofcarberry.ca](mailto:rec@townofcarberry.ca)

**Mothers Helping Mothers Support**  
group for Moms by Zoom 6:30-8:00  
1st and 3rd Tuesdays  
Contact Taneal @ 204-821-6686

**Minnedosa's Together We Can,**  
**Together We Are Online program**  
Tuesday mornings 10am. Contact  
Denise @ 849-2263 or email  
[parentinginpurple@gmail.com](mailto:parentinginpurple@gmail.com)

**Handle With Care**  
Online starting February 22nd 1:30 –  
2:30 Runs for 4 weeks Contact  
Antoinette to register or for more info

**Cooking, Song and Rhymes**  
Join us with Chantal leading us in  
cooking and Tracy doing some rhymes  
and songs on Wednesday February 24th  
10-11. Contact Antoinette to register and  
for more info!

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

***Healthy Baby Sessions are virtual until  
further notice, due to COVID-19.***

*If you are interested in the program, and  
want more information, please contact:  
Healthy Baby Coordinator: 204-578-2545  
or [ebrown2@pmh-mb.ca](mailto:ebrown2@pmh-mb.ca)*

***Healthy Baby: Carberry, Minnedosa, and  
Neepawa***  
Contact Alexandra 204-476-7842

***Healthy Baby: Rivers, Hamiota, Birtle, and  
Russell***  
Contact Kristie: 204-748-2321

*Handle With Care is...*



### **How the Program is Organized**

Topics are organized in Four Building  
Blocks:

- Building Trust and Attachment
- Building and Enhancing Self-esteem
- Expressing Emotions
- Relationships with Others