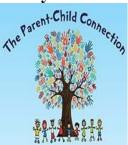
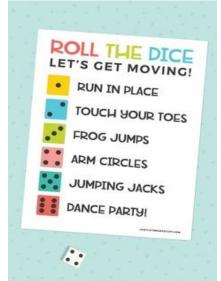


# Healthy S **Preschool Parents Newsletter**



#### 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 or call 1.204.764.4232 for more information



### 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

# **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!



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



Yogurt Bark



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

Tune: If you're happy and you know it If you're and elephant and you know it, stomp your feet!

If you're and elephant and you know it, stomp your feet!

If you're and elephant and you know it, and you really want to show it, If you're and elephant and you know it, stomp your feet!

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

## Now happening!

<u>Carberry Virtual Rhyme Time</u> Contact Rec. department to register and for info 834-6623 or email 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

#### 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!

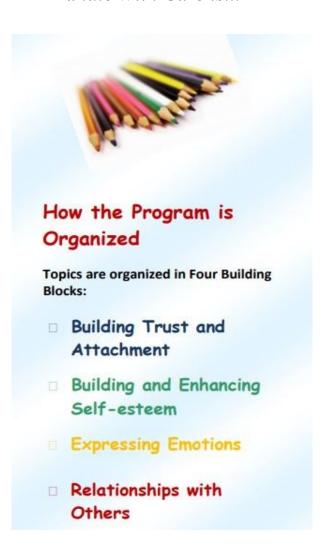
Healthy Baby Sessions are virtual until further notice, due to COVID-19.

If you are interested in the program, and want more information, please contact: **Healthy Baby Coordinator:** 204-578-2545 or <a href="mailto:ebrown2@pmh-mb.ca">ebrown2@pmh-mb.ca</a>

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...



"Supported by Child and Youth Services, Department of Families"