

Healthy STEPS

Preschool Parents Newsletter



Compliments of The Parent 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

Thank you Rhyme

My hands say THANK YOU with a clap, clap, clap

My Feet say THANK YOU with a tap, tap, tap

My head says THANK YOU with a shake, shake, shake

My heart says THANK YOU with a kiss to take!



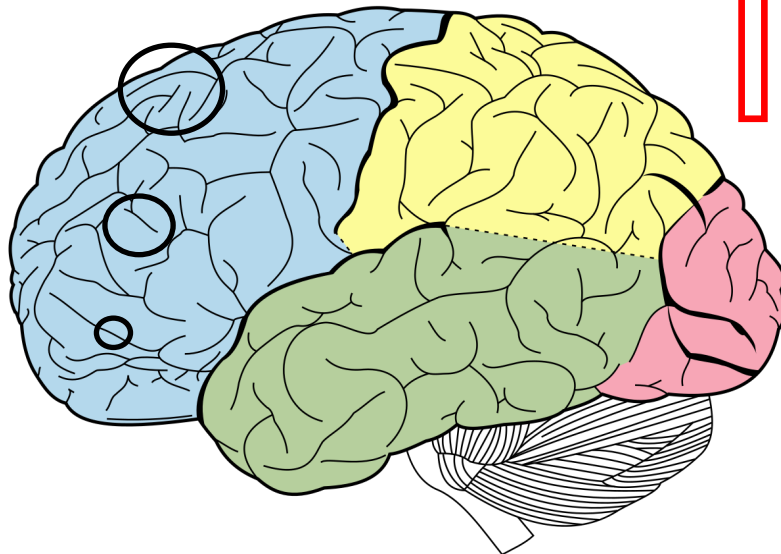
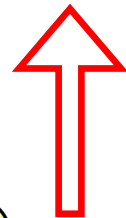
The Brain and Gratitude

The Neuroscience of Expressing Gratitude

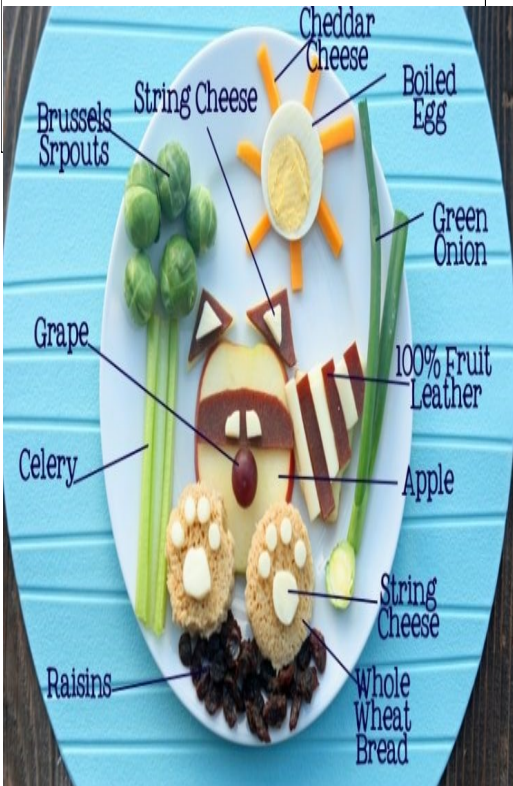
Gratitude fosters adaptive coping mechanisms by managing positive emotions like satisfaction, happiness and pleasure, gratitude enhances our emotional resilience and builds our inner strength to combat stress.



Parents Did you know By teaching your kids to say thank you and say 3 things they are grateful every night before bed can change their brain and be happier!



Grey Matter in the Brain According to UCLA's Mindfulness Awareness Research Center, regularly expressing gratitude literally changes to molecular structure of the brain, keeps the grey matter functioning and makes us healthier and happier.



Healthy Snack Ideas

<http://www.superhealthykids.com/recipe-category/snacks>

BIRTLE:

Healthy Baby: First Thursday of the month 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.

Rhyme Time! March 5,12,19,26, April 2,9 6pm-7pm 122 Main Street pre-registration preferred 834-6623 or rec@townofcarberry.ca

HAMIOTA

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

Parent & Baby Yoga Wed. Feb. 26

March 4,11,18. 10:30-11:30

Parent & Toddler Saturdays 10:30-

11:30 Feb. 29, march 7,14,21 @ Countryside Studio & Gym Contact Midwest Rec to register @ 764-3050 ext. 106 , or midwestrec@hamiota.com or directly with Kayce

KENTON

Sing, Move and Learn Feb.28 March 13th @ the Kenton Hall @ 10:30- 12
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

Triple P discussion groups Every Friday Starting Feb. 28 more
Contact Settlement office for more info

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!! Zumbini watch our FB page or contact the Riverdale Rec at 328-7753

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 @ 821-6686

Parents, Tots and Coffee Monday

and Wednesday Mornings in the Bunge Room at the Russell Multiplex contact Jess at 773 2422 for more info

Shake, Rattle & Roll Starts Feb.18 from 10-11 Contact Jess at 773-2422

SIOUX VALLEY:

Contact Megan @ 855-2205 for various sessions

STRATHCLAIR

Triple P Starts Feb.6,13,20,27 Thursdays 4-6 @ Strathclair school in the library.

Contact Denise @ 849-2263