



Healthy STEPS

Preschool Parents Newsletter



Compliments of 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

The Teachings of Winnie the Pooh

Did you know that January 18th is Winnie the Pooh day?

Winnie the Pooh has some great teaching for children (and adults!)

Parents are their child's first teacher..

Here's a few good teachings from Pooh



"You're braver than you believe, stronger than you seem and smarter than you think."

—Christopher Robin

"A hug is always the right size."

—Winnie the Pooh

"Sometimes the smallest things take up the most room in your heart."

—Winnie the Pooh



My Mittens on My Hands

Tune of Wheels on the Bus

The mittens on my hands

Keep Me Warm

Keep Me Warm

The mittens on my hands

Keep me warm, All winder long!

"After all, one can't complain. I have my friends."
-Winnie the Pooh

"Some people care too much. I think it's called love."
-Eeyore

"If the person you are talking to doesn't appear to be listening, be patient. It may simply be that he has a small piece of fluff in his ear."
—Winnie the Pooh

Did you know there's a Canadian connection to the honey-loving character brought to life by A. A. Milne? Winnie-the-Pooh was based on a real-life bear who lived in the London Zoo, and he got there thanks to a Canadian soldier and veterinarian named Harry Colebourn.

The first collection of stories about the character was the book [Winnie-the-Pooh](#) (1926), and this was followed by [The House at Pooh Corner](#) (1928). Milne also included a poem about the bear in the children's verse book [When We Were Very Young](#) (1924) and many more in [Now We Are Six](#) (1927). All four volumes were illustrated by [E. H. Shepard](#).

The Pooh stories have been translated into many languages, including [Alexander Le-nard's Latin](#) translation, *Winnie ille Pu*, which was first published in 1958, and, in 1960, became the only Latin book ever to have been featured on [The New York Times Best Seller list](#).^[1]

In 1961, [Walt Disney Productions](#) licensed certain film and other rights of Milne's Winnie-the-Pooh stories from the estate of [A. A. Milne](#)

More Winnie the Pooh Wisdom

"If there ever comes a day when we can't be together, keep me in your heart,

I'll stay there forever."

"I think we dream so we don't have to be apart for so long. If we're in each

other's dreams, we can be together all the time."

—Winnie the Pooh

"It never hurts to keep looking for sunshine."

—Eeyore

"A little consideration, a little thought for others, makes all the difference."—

Eeyore

Chantal shared this recipe with us and that molasses is a good source of iron for children!

Now happening!

Carberry Virtual Rhyme Time 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

Parenting Styles...Which One are You?
Online Jan. 7th 2:00-3:00 Contact
Antoinette for more info or log in info

Healthy Baby Sessions are talking place
in various ways. If you are interested
please contact

Call 204-578-2545 for the most up to
date information about our sessions
during Covid 19.

Facilitators to contact:

Healthy Baby Carberry, Minnedosa,
Neepawa Library 3rd and 4th Tuesday at
11 and 2 Contact Alexandra for log info
204-476-7842

Kristie: 204-748-2321 (Rivers, Hamiota,
Birtle, Russell)



Storybook Trail...
Look for it when you are
in Russell!!

MOLASSES COOKIES

SERVING: 18 COOKIES
PREP TIME: 10-15 MINS
COOK TIME: 8-10 MINS



INGREDIENTS

1 large Egg, beaten
¼ cup Vegetable oil
¼ cup Fancy molasses
¼ cup Sugar
½ teaspoon Salt
1 ½ cups All-purpose flour
1-2 Tablespoons Flour to coat surface
for rolling the dough

DIRECTIONS

1. Preheat the oven to 350°F.
2. Grease a baking sheet lightly with margarine or line it with parchment paper.
3. In a medium-size bowl, combine all ingredients except the flour. Mix well.
4. Add the all-purpose flour: First add 1 cup of the flour and mix the dough. Then add the remaining ½ cup of flour and mix again.
5. On a lightly floured surface, roll out the dough (aim for thickness of 4-5 mm).
6. Sprinkle a little flour on top of the dough if it seems sticky.
7. Use cookie cutters to cut the dough in desired shapes. Place on greased or lined cookie sheet. Unused dough can be re-rolled and used to make more cookies.
8. Bake at 350°F for 8 to 10 minutes.

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