



# Healthy S T E P S

## 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](mailto:agravelouellette@pmh-mb.ca) or 204-764-4232 for more information



## Managing Preschool Separation Anxiety

Preschool has arrived and can sometimes be a stressful transition for both child and parent. Try these strategies to help your child relax and look forward to going to preschool every day.

### ♦ Say Goodbye

The simplest of the steps, it's also the hardest to do. But do it you must. Give your child a hug and/or kiss, tell her you'll be back soon and then walk out the door.

### ♦ Trust Your Child's Teacher

Preschool teachers, even newly-minted ones, know kids. They've done this before and have many ways and methods in their bag of tricks to help calm your little one down. Don't be afraid to ask your child's teacher for advice, as you probably have plenty of questions, and could use some wise words from someone who has done this before.

### ♦ Be Honest

At home talk to your child about what they are feeling and why. Ask them what makes them so upset about you dropping them off at preschool. Share a story about a time that you may have felt scared or nervous about something and how you dealt with it. Talk about why you want your child to go to preschool and how much fun they are going to have while they're there. Don't minimize their fears or concerns—address them while assuring them that you will always be there to pick them up once school is over for the day.

### Preschool Snack Ideas

- **Whole grain muffins**
- **Apple Chips**
- **String Cheese**
- **Carrots Chips**
- **Apple Sauce**
- **Granola Bars**
- **Mini wraps**

### Healthy Snack Ideas

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

**Oct. 2023**

**Birtle**

**Healthy Baby**

**Stephanie Tourond,**

Healthy Baby Facilitator

4th Wednesday 10am to Noon

Birtle Health Center Boardroom

[STourond@pmh-mb.ca](mailto:STourond@pmh-mb.ca) (204) 748-2321 ext. 294

**Carberry Step 2**

**Oct. 12th and 26th 5:30 - 7:30**

**122 Main Street (Basement)**

*For more info contact Callie at [rec@townofcarberry.ca](mailto:rec@townofcarberry.ca)*

**Healthy Baby**

**Alexandra Lozada-Gobe,**

Carberry Healthy Baby Facilitator

Carberry Health Center Boardroom

4th Tuesday 10-12

[alozadagobe@pmh-mb.ca](mailto:alozadagobe@pmh-mb.ca) (204) 476-7554

**Hamiota**

**Healthy Baby**

**Stephanie Tourond,**

Healthy Baby Facilitator

3rd Tuesday 10am to Noon

Cornerstone Pentecostal Church

[STourond@pmh-mb.ca](mailto:STourond@pmh-mb.ca) (204) 748-2321 ext. 294

**Minnedosa**

*Together We Can, Together We Are*

*Minnedosa United Church 2nd and 4th*

*Wednesday Oct. 11th and 25th 10-Noon*

*Contact Denise @ 849.2263 or*

*email [parentinginpurple@gmail.com](mailto:parentinginpurple@gmail.com)*

**Healthy Baby**

**Alexandra Lozada-Gobe,**

Minnedosa Healthy Baby Facilitator

Minnedosa United Church

3rd Tuesday 10-12

[alozadagobe@pmh-mb.ca](mailto:alozadagobe@pmh-mb.ca) (204) 476-7554

**Neepawa**

**Healthy Baby**

**Alexandra Lozada-Gobe,**

Neepawa Healthy Baby Facilitator

Neepawa Library

2nd Tuesday 10-12

[alozadagobe@pmh-mb.ca](mailto:alozadagobe@pmh-mb.ca) (204) 476-7554

**Healthy Baby**

**Alexandra Lozada-Gobe,**

Neepawa Healthy Baby Facilitator

Neepawa Settlement Services

2nd Tuesday 1:30—3:30

[alozadagobe@pmh-mb.ca](mailto:alozadagobe@pmh-mb.ca) (204) 476-7554

**Rivers Step 2**

*Watch our Facebook page for more!*

**Healthy Baby**

**Stephanie Tourond,**

Healthy Baby Facilitator

Rivers 2nd Wed. Oct. 11th, Nov. 8th , Dec. 13th

10am to Noon

Zion Church 580 Main Street

[STourond@pmh-mb.ca](mailto:STourond@pmh-mb.ca) (204) 748-2321 ext. 294

**Russell Step 2**

*Tuesday Oct. 10th and Nov. 14th 9:30—11:30*

*Bunge Room at Russell Memorial Multiplex*

*Contact Amy @ [recreation@mrbgov.com](mailto:recreation@mrbgov.com) or 204-*

*773-2422 / Cell 204-821-8285*

**Healthy Baby**

**Stephanie Tourond,**

Healthy Baby Facilitator

Multiplex Bunge Room

3rd Wednesday 10am to Noon

[STourond@pmh-mb.ca](mailto:STourond@pmh-mb.ca) (204) 748-2321 ext. 294

**Parenting in Recovery**

Are you in recovery from substances and looking for a parenting group that incorporates where you are at

Taking registrations

Email to register or for more information

[agravelouellette@pmh-mb.ca](mailto:agravelouellette@pmh-mb.ca)

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

**If you are interested in online Healthy Baby please contact Call 204-578-2545 Shauna**