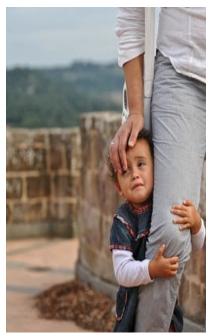


Healthy S TEPS Preschool Parents Newsletter

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 204-764-4232 for more information



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

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.

Oct. 2023

Birtle

Healthy Baby

Stephanie Tourond,

Healthy Baby Facilitator
4th Wednesday 10am to Noon
Birtle Health Center Boardroom
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

Healthy Baby

Alexandra Lozada-Gobea,

Carberry Healthy Baby Facilitator Carberry Health Center Boardroom 4th Tuesday 10-12 alozadagobea@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 (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

Healthy Baby

Alexandra Lozada-Gobea,

Minnedosa Healthy Baby Facilitator Minnedosa United Church 3rd Tuesday 10-12 alozadagobea@pmh-mb.ca (204) 476-7554

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

Neepawa

Healthy Baby

Alexandra Lozada-Gobea, Neepawa Healthy Baby Facilitator Neepawa Library 2nd Tuesday 10-12 alozadagobea@pmh-mb.ca (204) 476-7554

Healthy Baby

Alexandra Lozada-Gobea,

Neepawa Healthy Baby Facilitator Neepawa Settlement Services 2nd Tuesday 1:30—3:30 alozadagobea@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 (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 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 (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

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