



Healthy S T E P S

Preschool Parents Newsletter



Compliments of :

The Parent Child Connect (Assiniboine North Parent Child Coalition)

Working with parents, caregivers and service providers to ensure children are healthy and happy.

Contact Antoinette 204- 764-4232 for information or submissions by the 15th of the previous month.

Mindfulness and children

Teach mindfulness to your kids — it can help them develop emotional regulation and cognitive focus.



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The purpose of teaching mindfulness to our children is to give them skills to develop their awareness of their inner and outer experiences.

Ways to use breathing to calm down.

Pick a flower

Pretend to pick a flower and smell it by breathing in deeply through your nose and then pretend one of your fingers is a candle and blow the candle out with breathing out your mouth. Teach this to your child when things are good to practice and then you can say when you are feeling upset, pick a flower.

Cool Your soup

Cup your hands in front of your mouth and pretend you have a bowl of soup and take a deep breathe in through your nose... smelling the soup and then pretend it is hot and you want to cool I off so you blow on it with your out breathe through the mouth.

Ways to Teach Mindfulness to Kids

- 1. Keep it simple Mindfulness is noticing our thoughts, what our body feels like, what our ears are hearing, and anything else that is around us and happening right now.**
- 2. Listen to the bell. An easy way for children to practice mindfulness is to focus on paying attention to what they can hear.**
- 3. Create a mindful bedtime ritual. I tell her to close her eyes and bring her attention to her toes, to her feet, to her legs, etc. It is a calming way to return to the body at the end of the day.**
- 4. Practice with a breathing buddy. Grab a stuffed animal, and then lie down on your back with their buddy on their belly. They focus their attention on the rise and fall of the stuffed animal as they breathe in and out.**

<http://leftbrainbuddha.com/10-ways-teach-mindfulness-to-kids/>

<https://positivepsychologyprogram.com/mindfulness-for-children-kids-activities/>



January 2018

Please contact Antoinette if you would like specific programming in your community.

BIRDTAIL

Triple P Discussion group Jan. 30th
7:00-9:00 Contact 568-4559

BIRTLE

Parent Toddlers Yoga Feb. 8,15,22, March 1,8,15 from 10:30-11:30 Contact Michelle to register
842-3460 or recreation@myprairieview.ca
Food & Fun: Feb.9 @ 11:00-12:30
Contact Chantal to register 764-4231

CARBERRY

Healthy Baby: 4th Wednesday of the month from 10-noon Contact Alexandra @ 476-7842
Story time at the Library:
Thursdays at 10:00 at the Carberry North Cypress library.
Coming soon! Shake, Rattle and Roll and Rhyme Time

HAMIOTA

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

KENTON

Kenton Play Group Every other Friday @ the Kenton Hall @ 10:30 contact Nicole 838-2423

MINIOTA

Parent Toddler yoga Starts Feb. 6,13,20,27, March 6,13 Contact Michelle to register 842-3460 or recreation@myprairieview.ca

MINNEDOSA

Healthy Baby : 3rd Tuesday of the month @ St. Mark's Anglican Church from 10-noon Contact Alexandra 476-7842
United We Can: 2nd & 4th Wednesdays @ 10-noon Minnedosa United Church, contact Denise @ 849-2263

NEEPAWA

Healthy Baby: 2nd Tuesday of the month @ Neepawa Public Library from 10-noon Contact Alexandra 476-7842

NEEPAWA

Neepawa & Area Immigrant Settlement Services 4th Tuesday of the month 1:30-3:30 Contact Alexandra 476-7842

Step Together: 1st and 3rd Wed. of the month 9:30 -11:30 at the United Church Text Val @ 841-4315
Coming Soon! Wiggle, Giggle and Munch

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

RUSSELL

Healthy Baby: 2nd Thursday of the month from 10-noon @ Russell United Church. Contact public health nurse

Coming Soon Circle of Security

SHOAL LAKE

Healthy Baby: 1st Thursday from 10-noon @ Westminister Church. Contact your public health nurse
Coming soon Shake, Rattle and Roll

SIOUX VALLEY:

Nobody's Perfect Contact Kim McKay @ 855-2536

STRATHCLAIR

WE CAN! 1st and 3rd Wednesday from 10 to noon at the Baptist Church Contact Denise @ 849-2263

Coming soon

Triple P Discussion group, will be one evening for 2 hours looking at managing fighting and aggression. Communities will be in Birtle, Minnedosa, Neepawa.

If you would prefer us to send you this via email please email to let us know! agravelouellette@pmh-mb.ca

We have an number of programs starting up so watch our Facebook for updates!

