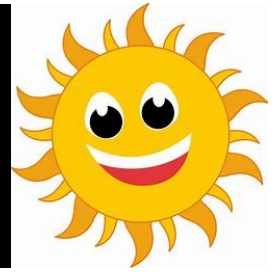


Healthy STEPS

Preschool Parents Newsletter



Compliments of Assiniboine North Parent Child Coalition

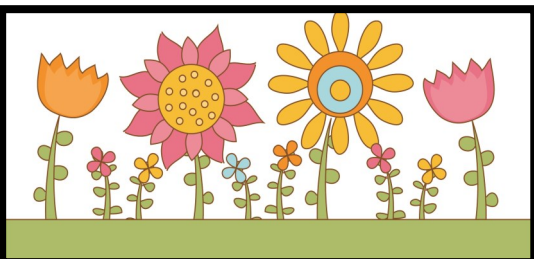
Working with parents, caregivers and service providers to ensure children are healthy and happy. Contact Antoinette at agravelouellette@pmh-mb.ca or call 1.204.764.4232 for more information

Creative Activities To At Home With Your Kids

- 1. Create an at Home Scavenger Hunt:** Use pictures of different items from inside and in your backyard for your kids to find
- 2. Create an Obstacle Course:** Use any items in your home to create an obstacle course
- 3. Make Mess-Free Paintings:** Take a piece of paper and put some dollops of paint on it then put it in a plastic resealable bag, let your kids smear paint throughout the bag to create a masterpiece without the mess.
- 4. Create Sensory Bags:** All you need is resealable plastic bags, some sensory items such as buttons, glitter, pom poms then simply add in some baby oil and water.
- 5. Grow Some Flowers:** Pick your favourite flower seeds and dig in the dirt with you kids to let them see that they can grow flowers with their own two hands.

A Little Seed

A little seed for me to sow.
A little seed to make it grow.
A little hole, a little pat,
A little wish, and that is that.
A little sun, a little shower.
A little while,
And then a flower.



Paint with Bubbles: Whip up a batch of vibrant bubble paint and make prints.

Outdoor Canvas Painting: Collect flower petals and add them to a watercolor canvas art activity.

Water Spray Alphabet Hunt: Work on letter recognition or letter sounds with water and a spray bottle! (Mom Inspired Life)

ABC Excavation Sensory Bin: Fill ice trays with ABC beads and freeze for a fun letter exploration activity. (Parenting Chaos)

Garden ABC Hunt: Get outside and enjoy some fresh air while practicing letter recognition. (Fantastic Fun and Learning)

<https://teaching2and3yearolds.com/preschool-outdoor-learning-ideas/>

Now happening!

Rivers Mindful Munchkins
Saturday Mornings starting May
14th 9:30 (June 4th)
Contact Recreation@Riverdale.ca
To register or call 328-7753

Neepawa Mindful Munchkins
June 4,18,26th from 9-11
at Arts Forward
Contact Nicole at the Rec depart-
ment

Together We Can, Together We Are
Online program Open to all!
Moving to outdoors
Contact Denise @ 849-2263 or
email parentingin-
purple@gmail.com

Wondering how to find out what
your child needs or wants? Learn
to read their map
Taking registration for
Circle of Security

Coming Soon
Mindful Munchkins in Birtle!
Contact the Birtle Library for more

Healthy Baby Sessions are talking place in vari-
ous ways. If you are interested please contact

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

Facilitators to contact:

Healthy Baby Carberry, Minnedosa, Neepawa
Contact Alexandra for log info
204-476-7842

Rivers, Hamiota, Birtle,
Russell
Stephanie: 204-748-2321

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

1. KEEP WATCH TO PREVENT DROWNING.

Summer water safety should be top of mind for parents, regardless if you have a pool in your backyard or visit a community pool. It only takes seconds for drowning to happen. Actively supervise children at all times when in or around water, and make sure you have the right equipment to keep pools safe. [See more pool safety tips.](#)

2. LOOK FOR SIGNS OF HEAT EXHAUSTION.

Cases of heat stroke spike during the summer months, and this can be life-threatening in children. Prior to heat stroke, kids often show milder symptoms such as heat cramps and heat exhaustion. Make sure children take water breaks and wear lightweight clothing when playing outside. Learn how to recognize the [signs of heat stroke.](#)

3. CHECK FOR CAR SAFETY.

Make sure your child's [car seat](#) is properly fitted before hitting the road for a family vacation. Never leave a child unattended in a car. The temperature inside a car can rise quickly, and just a few minutes can be the difference between life and death. Establish a routine to check the car before locking, and see more [tips to prevent hot car deaths.](#)

4. PROTECT SKIN FROM THE SUN.

Apply [sunscreen](#) with SPF 30 or higher whenever your child is going to be outdoors. Reapply every three hours or immediately after your child has been in or splashed by water. Try to avoid outdoor activities during peak sunshine hours, and consider dressing children in [sun protective clothing.](#)

5. AVOID BUG BITES.

As the weather warms up, bugs come out in full force. To avoid bug bites, apply insect repellent before spending time outdoors, avoid using heavily scented soaps or lotions and cover arms and legs as much as possible. See [tips for treating bug bites](#) at home and signs you should call the doctor.

6. ENJOY FIREWORKS SAFELY.

More than 10,000 people are treated in emergency departments in the U.S. each year due to injury from fireworks, and of these, nearly a third are children under 15. If you're celebrating summer holidays with a bang, keep kids safe. Read instructions carefully, and never let young children touch or light fireworks. See more [tips for fireworks safety.](#)

7. DRINK ENOUGH WATER.

Kids are more prone to dehydration than adults, and their risk increases as temperatures rise. The amount of water a child should drink varies by age, weight and activity level. However, a general rule is to take half of your child's weight (up to 100 pounds) – and that's the number of ounces of water they should drink every day. See [tips to encourage proper hydration.](#)

8. DON'T MONKEY AROUND.

Playground-related injuries account for more than 200,000 ER visits each year. Always supervise children on playgrounds, and choose the right play equipment for your child's age and skills. In the summer sun, it's also a good idea to carefully touch equipment to check for hot surfaces before playing on it. See more [tips for summer safety for kids on the playground.](#)