

Healthy STEPS

Preschool Parents Newsletter



Compliments of The Parent Child Connection
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.

Technology & Your Child



Snow is falling, falling down;
Snow is falling hit the ground.
(Wiggle fingers like snowflakes)
Flurries, flurries (sing slowly)
Snowing, snowing (sing faster)
Blizzard (Sing Loud and very fast)

Snow is Falling all Around (Sung To: "Twinkle, Twinkle Little Star")

Snow is falling all around,
Falling, falling, to the ground.
I catch snowflakes on my tongue.
Building snowmen is such fun.
Snow is falling all around
Falling, falling, to the ground.



Is your child using too much technology?

Technology is addicting



What CAN You do?

- ✓ Get them outside & moving
- ✓ Read to them
- ✓ Tell stories to them
- ✓ Give them choices!

More info www.zonein.ca

Put your phone down and connect




Research things they love


Lots of love and hugs


Make time to connect


Go outside and dress for the weather

Technology is very addicting, and if your child cannot easily put down technology they may have a problem.

November 2018



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

BIRTLE:

Healthy Baby: First Thursday of the month in Oct. Dec. From 10-noon @ the United church Contact your public health nurse for more info

Parent & Tot Yoga: Monday Nov. 5 11-12, contact Valley Recreation 204-842-3460 recreation@myprairieview.ca to register

CARBERRY

Healthy Baby: 4th Wednesday of the month from 10-noon @ The Carberry Plains Health Centre. Alexandra @ 476-7842

Story time at the Library:

Thursdays at 10:00 at the Carberry North Cypress library.

Step Together: Nov. 7, 14, 21 & 28th from 10-12 at the Evangelical church. Contact: Val @ 841-4315



DOUGLAS

Read & Rhyme with Tracy: Nov. 7, 14, 20, 27 & Dec. 5th from 9-11 Contact Tracy @ 867-2754 ext. 240 or tbwarkrrsd.mb.ca

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



MINNEDOSA

Healthy Baby : 3rd Tuesday of the month @ St. Mark's Anglican Church from 10-noon Contact Alexandra 476-7842

Together We Can: 2nd & 4th Wed. @ 10-12 Minnedosa United Church, contact Denise @ 849-2263

NEEPAWA

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

Neepawa & Area Immigrant Settlement Services 4th Tuesday of the month 1:30-3:30 Contact Alexandra 476-7842
Step Together: Nov. 5, 12, 19 @ 9:30 -11:30 Arts Forward Text Val @ 841-4315

Shake, Rattle and Roll: Nov. 2, 9 & 16th, Contact Neepawa Settlement Services for information

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

Rock n Read Oct. 11-Nov. 15 from 1-3 at Riverdale Community Center Contact Laura to register for details 328-7753 or rccmanager@mymts.net

Toddler & Parent Yoga: Nov. 7-Dec. 5 @ 10-11 at RCC. Contact Rec office to register 328-7753.

RUSSELL

Healthy Baby: 2nd Thursday of the month from 10-noon @ Russell United Church. Contact public health nurse
Mothers Helping Mothers: Mothers support group 1st and 3rd Tues. Contact Taneal @ 821-6686
Shake, Rattle & Roll Tues. Nov. 6 & 13 10:30-11:30 Contact Rec. Dept. 773-2422

SHOAL LAKE

Healthy Baby: 1st Thursday in Sept. & Nov. from 10-noon @ United Church Contact your public health nurse for more info

STRATHCLAIR

WE CAN!: Thursday Nov. 1, 15, 29 Dec. 13 from 10 to noon at the Baptist Church Contact Denise @ 849-2263

"Supported by Healthy Child Manitoba- Putting children and families first"