

Healthy STEPS

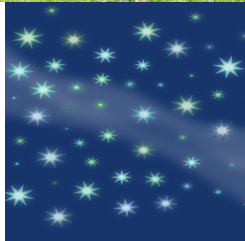
Preschool Parents Newsletter



Compliments of Assiniboine North Parent Child Coalition

Working with parents, caregivers and service providers to ensure children are healthy and happy. Contact Antoinette Gravel-Ouellette at agravelouellette@pmh-mb.ca or call 1-204-764-4232 for more information

Spring is working on being here!! Even in these times of physical distancing you can still get outside and enjoy the fresh air and sunshine. These things are protective factors for our immune systems and good for mood boosting!



New Itsy Bitsy Spider!

The itsy bitsy spider climbed up the water spout,

To ask the Universe what's it all about?

The stars in the sky said life is pretty great,

So the itsy bitsy spider went home to mediate

Why Rhyming

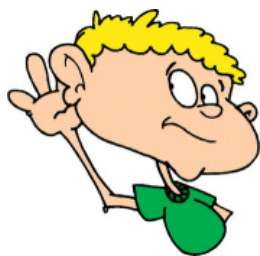
Did you know:

- Your baby can learn some of the actions to a rhyme as early as four months old
- Your baby needs to hear lots of language in her first years
- **Rhymes can be playful or be calming**
- Rhymes and songs help you and your child to bond
- Rhyming together is learning together

Children's Response to stress varies, such as clingy, withdrawing, angry, or agitated, bedwetting, ect.



Respond to your child's reactions in a supportive way, listen to their concerns and give them extra love and attention.



Children need adults love and attention during difficult times. Give extra time and attention. Listening to them and reassuring them.

Keep as much regular routines as possible or create new ones!



Provide simple explanations to children about what is happening and reassure them. Explain the risk of infection according to the child's age. Avoid causing worry or more fear.

**ALL PROGRAMING THAT IS IN PERSON
SUPPORTED BY
ANPCC and
HEALTHY CHILD IS
CANCELLED UNTIL
FURTHER NOTICE**

**Some of our programs
have moved to an on line
format!**

**We will be starting an
on-line Nobody's Perfect
group soon. If you are
interested in joining in
please contact me.**

**Also will be doing on line
parent and tot yoga Watch
FB page to register.**

**Please check Facebook
for updates and info as
new info is always
coming in!**



**The distancing being asked for
at this time is physical , you can
still reach out and support one
another by phone, Facetime,
text.**

On-line resources

**Free counselling [http://
www.manitoba.ca/covid19/
bewell/virtualtherapy.html](http://www.manitoba.ca/covid19/bewell/virtualtherapy.html)**

<https://global.cbeebies.com/>

[https://home.oxfordowl.co.uk/.](https://home.oxfordowl.co.uk/)

<https://pbskids.org/>

<https://kids.sandiegozoo.org/>

<https://www.seussville.com/>

<https://jr.brainpop.com/>

**[https://www.protectchildren.ca/
en/resources-research/online-
safety/](https://www.protectchildren.ca/en/resources-research/online-safety/)**

www.manitoba.ca/covid19

www.manitobaparentzone.ca

**Fresh air and outdoor play!
Helps kids sleep better!!**

**"Supported by Healthy Child Social
Innovation Office
- Putting children and families first"**