

# 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](mailto:agravelouellette@pmh-mb.ca) or call 1.204.764.4232 for more information

## 5 Ways Can Bring Your Family Closer Together

- 1- **Eat dinner as a family:** With things such as sports or work going on it can become a little hectic, by designating a dinner time and having dinner together this allows everyone to talk about what's going on in their lives
- 2- **Cook and bake together:** Make cooking and baking fun for your kids, include them in what you're doing in the kitchen, and show them how its done.
- 3- **Have a family game night:** Pick games that everyone can play, so that everyone feels included. This allows for a stress free time to have fun with the whole family.
- 4- **Spend time outside together:** Whether its going for a walk, going for a bike ride or playing catch, spending time together as family can help to bring a family closer together.
- 5- **Read books to your kids:** Allow your children pick the book and read it to them. Reading to your kids allows for an opportunity for you and the child to bond
- 6- **Do crafts together as a family:** This allows parents to not only spend time with their children but also allows children to see that they can create art with their own hands

### I'm a Little Pumpkin

One little, two little,  
 Three little pumpkins.  
 Four little, five little,  
 Six little pumpkin.  
 Seven little, eight little pumpkins  
 Nine little pumpkin.  
 Ten pumpkins on the vine!



### 3 Different Fall Themed Crafts To Do With Your Children:

- 1- **Preserving fallen leaves:** Go on a walk with your kids and find leaves, when you get them home press your leaves between two large, heavy books.
- 2- **Turn their handprints into fall trees:** All you need is paper and paint. Paint the child's arm so that when pressed onto the paper it looks like a tree, when dry let your kid paint with their finger prints with the colors green, red, yellow and orange to make the leaves.
- 3- **Decorated pumpkins for the little ones:** Instead of carving pumpkins, let the younger children paint the pumpkins all you need is acrylic craft paint and some pumpkins.

## Now happening!

### Coming Soon!

#### Carberry Virtual Rhyme Time

Contact Rec. department to register and for info 834-6623 or email [rec@townofcarberry.ca](mailto:rec@townofcarberry.ca)

#### Mothers Helping Mothers Support

group for Moms by Zoom 6:30-8:00

1st and 3rd Tuesdays

Contact Taneal @ 204-821-6686

#### Minnedosa's Together We Can,

Together We Are Online program

Tuesday mornings 10am. Contact

Denise @ 849-2263 or email

[parentinginpurple@gmail.com](mailto:parentinginpurple@gmail.com)

### Taking registration for

Nobody's Perfect

Circle of Security

Positive Discipline

Positive Parenting

*Healthy Baby Sessions are talking place in various ways. If you are interested please contact*

*Call 204-578-2545 for the most up to date information 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

Kristie: 204-748-2321

Icon	App Name	Web Address
	Mindshift	<a href="http://www.anxietybc.com/resources/mindshift-app">www.anxietybc.com/resources/mindshift-app</a>
	Five Ways To Well-being	Available for download at Google Play or Apple App Store
	SAM - Self-Help Anxiety Management	<a href="https://sam-app.org.uk">https://sam-app.org.uk</a>
	Happy Healthy	<a href="http://www.happyhealthyapp.com">www.happyhealthyapp.com</a>
	BellyBio Interactive Breathing	<a href="https://itunes.apple.com/ca/app/bellybio-interactive-breathing/id353763955?mt=8">https://itunes.apple.com/ca/app/bellybio-interactive-breathing/id353763955?mt=8</a>
	Stop-Breathe-Think	<a href="http://www.stopbreathethink.org">www.stopbreathethink.org</a>
	7 Minute Workout	<a href="https://7minuteworkout.jnj.com/">https://7minuteworkout.jnj.com/</a>
	Daily Yoga	<a href="http://www.dailyyoga.com">www.dailyyoga.com</a>
	Calm in the Storm	<a href="http://calminthestormapp.com">http://calminthestormapp.com</a>
	3 Minute Mindfulness	<a href="https://itunes.apple.com/us/app/3-minute-mindfulness-fast/id982502810?mt=8">https://itunes.apple.com/us/app/3-minute-mindfulness-fast/id982502810?mt=8</a>

**Watch our Facebook page for the next**

**Cooking and Rhymes and Stories**

If you are looking for specific parenting information or a class please contact us.

We are continuing to do online programming due to Covid and have lots of info to share with you!