



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@204.764.4232 or agravelouellette@pmh-mb.ca for more information

March is Nutrition Month

Nutrition Tips!

*With time and practice, kids will learn to eat a variety of foods. Adults can help to make learning about food and eating feel safe and comfortable

- Adults decide **what** foods to offer, and **when** and **where** to serve meals and snacks
- Kids decide **how much** to eat, and **which** foods to choose from what is provided

Eating together is good for adults and kids, and supports healthy eating
Develop a habit of eating together

Mealtime conversation starters are always fun too. Take the focus of the food and eating and just enjoy and talk.

[Nutrition for toddlers and preschoolers](#) | [Northern Health](#) BC has some good resources too.

Do you need any other information. [Eat and feed with joy](#) ([ellynsatterinstitute.org](#))



Five little peas in a pea pod
pressed

One grew, tow grew, so did all
the rest

They grew and they grew

And did not stop

They grew so big that the pea
pod
POPPED!!



Fruit Nachos

Yield: 1 serving
Prep Time: 5 minutes
Cooking Time: 0 minutes
3-4 Graham Crackers
2 tbsp. Yogurt –Vanilla
1/4 cup frozen dices fruit

Directions

*Line a small bowl or plate with graham crackers.
*Place a scoop of yogurt on top of the graham crackers.
*Top with fruit.
Note: Needs to be made just before eating so the crackers do not get to soft.

March 2023 Programs Near You!

New Weekly parent chat Wednesday afternoons by Zoom from 2:30-3:30

Zoom ID
694 2187 7483

In March they will be March 8th and 22nd

<https://sharedhealthmb.zoom.us/j/69421877483?pwd=YS9iZDhjeDhjdWE4TXlRb1E5R0ZEZz09>

Russell

Mothers Helping Mothers Support for Moms 6:30-8:00

Contact Taneal @ 204.821.6686

Russell Step 2

Feb. 8th, March 1st, 15th and 29th

Contact Amy @ recreation@mrbgov.com or watch our Facebook for more details!

Minnedosa

Together We Can, Together We Are Minnedosa United Church 2nd and 4th Tuesday's 10-Noon

Contact Denise @ 849.2263 or email parentinginpurple@gmail.com

New!

Carberry Step 2

Carberry Community Memorial Hall March 2 & 16th from 5:30-7:30

Registration not required

For more info contact Callie at rec@townofcarberry.ca

Rivers Step 2

Riverdale Community Center March 14 & 28th 9:30-11:30

contact Christine at Riverdale Recreation 204.328.7753 for more

Neepawa Step 2

At Arts Forward

Friday March 10th & 24th 10-noon

Contact Heidi at the town 204.476.614 or just drop in/ no registration required

Birtle Step 2

Birtle Library 10:30-Noon

March 18th

Contact library 204.834.3418 or just drop in!

Healthy Baby Sessions are talking place in various ways. If you are interested in online please contact Call 204-578-2545 Shauna Facilitators to contact:

Alexandra Lozada-Gobeia,

Healthy Baby Facilitator

Minnedosa, Neepawa, Carberry

alozadagobeia@pmh-mb.ca (204) 476-7554

Carberry 4th Tues. Evangelical Free Church

Minnedosa 3rd Tuesday United Church

Neepawa Library 2nd Tuesday 10-Noon

Neepawa Immigrant Services 2nd

Tuesday 2-4

Stephanie Tourond,

Healthy Baby Facilitator

Russell, Hamiota, Birtle, Rivers

STourond@pmh-mb.ca (204) 748-2321 ext. 294

Birtle 4th Wednesday Community

Development Center

Hamiota 3rd Tuesday Cornerstone

Pentecostal Church

Rivers Zion Church 2nd Wednesday

Russell Untied Church 3rd Wednesday

Times for Healthy Baby are 10-12 unless listed otherwise

Please watch our Facebook page for more information on start dates or contact us!

Step 2's are hosting Come and Go Suppers! Free for families of preschoolers!

Rivers March 1st at Riverdale Community Center Redfern's Hall 4:30-6:30

Minnedosa at Minnedosa United Church March 7th 4:30-6:30

Neepawa March 15th at Arts Forward 4:30-6:30

Carberry March 16th at Community Hall 5-7

**"Supported by Child and Youth Services,
Department of Families"**